

20 mins



### Top tip

Use a see-through bottle so that you can see the air trapped inside.

Let your child play with lots of different shapes and sizes of bottles.

## Science

The size of our lungs increases as we grow. As a child gets taller their lungs and airways expand to fill the space available in their rib cage. In the first months and years of life a child's lung volume increases rapidly as the air sacs (alveoli) in their lungs develop and increase in number.