

15 mins

Test your breath even more by making an obstacle course for your caterpillar. Recycle some cardboard for the perfect building material.



Science

Our brain is constantly detecting the amount of oxygen and carbon dioxide in our blood. It sends signals to our breathing and blowing muscles to let them know how hard and fast to breathe depending on how active we are. This maintains the correct oxygen and carbon dioxide level in our blood. If we get out of breath playing a game then we will continue to breathe faster until we have recovered from our exertions! Breathing fast is also a way of blowing off any excess carbon dioxide in our blood.

You can use tape on the ground or the table to make a start and finish line!

Finish



Unfold and get your caterpillar ready in position to race!



Use a straw and blow to get your caterpillar moving.