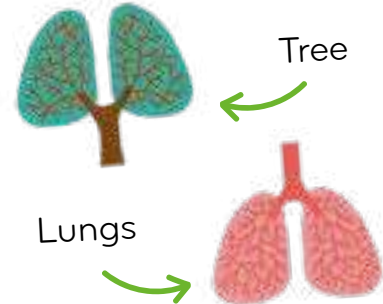


## Walk in the Woods

Go for a walk in the woods and do some tree bathing. It feels good to breathe deeply while you are in the middle of trees.



Trees and lungs look alike: a trunk/windpipe and lots of branches/bronchi



### The Science

When we walk in the woods we breathe in the oxygen that trees release in the day time during photosynthesis. The structure of trees and lungs are similar, starting with a trunk or windpipe and then dividing into lots of branches or bronchi.