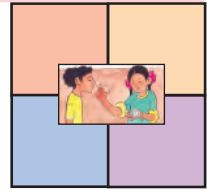


5

Breathing



Deepa and Meena are friends. One day they had a race-competition about who reaches school first. Both of them started together. Meena reached the school first and won.

Both of them were breathing fast. Meena said, “I am panting”. Then Deepa said - “You always pant if you run fast”.

What other activities cause fast breathing?

How many breaths in a minute?

How many times do you breathe in a minute ? Let’s find out.

You will need a watch for this. Better, there is a wall-clock in the room of your school.



Environmental Studies-4

Take your palm near your friend's nose. Tell your friend to inhale and exhale. Be careful that your friend breathes normally.

How do you feel when your friend inhales and exhales?

If you inhale and exhale once, it is called one breathing. When your friend inhales and exhales once, count it as one breathing.

How many times does your friend breathe in a minute? Write in table 1.

Table 1

No.	Friend's Name	Number of Breaths in a minute
1.		
2.		
3.		
4.		
5.		

Do all of us have the same number of breathing in a minute?

Work and Breathing

Now, do one more experiment with your friends. Any four friends should do skipping or running. When they are through, count their breathing. Fill in the table 2.



Table 2

No.	Friend's Name	Number of Breaths in a minute after skipping or running
1.		
2.		
3.		
4.		
5.		

Now, tally the number of breaths with that of table - 1 and tell -
Is there any difference in breaths ? If yes, then why ? Discuss and write.

Stop breathing and see

How do you feel when you stop breathing ? Do and see.

Measurement of Chest

When we breathe, the air fills in the lungs.
When we inhale and exhale, what effect does it put on the chest ? Let's find out.

Measure your chest with the help of your friend with a ribbon.

Now inhale deeply and measure your chest again in this state.

What is the difference in both the conditions ?



Environmental Studies-4

Do the same activity with the other friends. When you inhale and exhale, what effect does it have on your chest ?

Smoke in Breathing

In winter-mornings you must have seen that the smoke comes out with breathing.

Let's do an experiment.



- Take a face-mirror. Clean it properly with a piece of cloth.
- Now blow air from your mouth on to the mirror.

What do you see on the surface of the mirror ?

Tell what is it?

What did we learn?

Oral

1. With which organ do you breathe?
2. In what circumstances does breathing go fast?

Written

1. Why does the chest expand when you inhale deeply?
2. Find out the sentences from the chapter and complete it —
 - a. If you inhale and exhale once _____.
 - b. In winter morning _____.
 - c. When we breathe the air _____.
3. Where does the air go when you inhale?
4. Fill in the blank with the suitable words -
(air, fast, slow)
 - (i) While inhaling the goes inside the body.
 - (ii) The breathing is while sleeping.
 - (iii) The breathing is while running.

Find out and Do

1. Count your breath in the morning. How many times do you breathe in a minute?
2. Count the breath of a two or three year old child. Is there any difference between your and the child's breathing?