

# Understanding the air we breathe

## Activity 1 - Breathe in and out

### This poem can be read aloud

Come up with a rap or tune and some actions to help you remember the poem.

*Hands on your chest  
Take a deep breath  
Can you do your best?*

*The air goes in  
Can feel it come in  
Can't see it go in*

*Breathe in, breathe out  
Air goes in and air goes out*

*I can use my nose  
I can use my mouth  
To take it all in*

*I can use my mouth  
I can use my nose  
To breathe it all out*

*Breathe in, breathe out  
Air goes in and air goes out*



**For the better**

Did you come up with a rap or tune for the poem? We all need air to breathe, but it is important for us to breathe in healthy air or we could feel sick. It's not just humans who need to breathe in healthy air.

**Can you circle which of the things below need healthy air to breathe?**



Bird



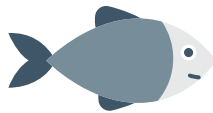
Dog



Cat



Bicycle



Fish



Man



Woman



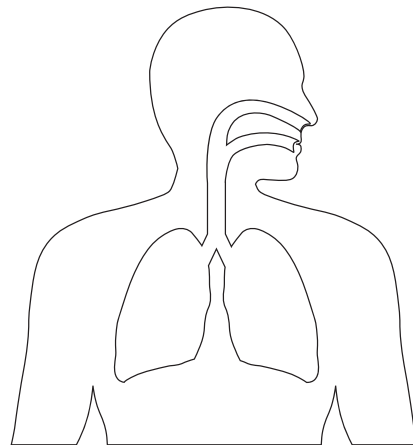
TV



Car

When we breathe air in through our mouth and nose, it goes into our lungs. Our lungs are inside our body. When we breathe out, the air comes back out of our lungs and is released from our mouth and nose.

**Can you colour where the lungs are in your body?**



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