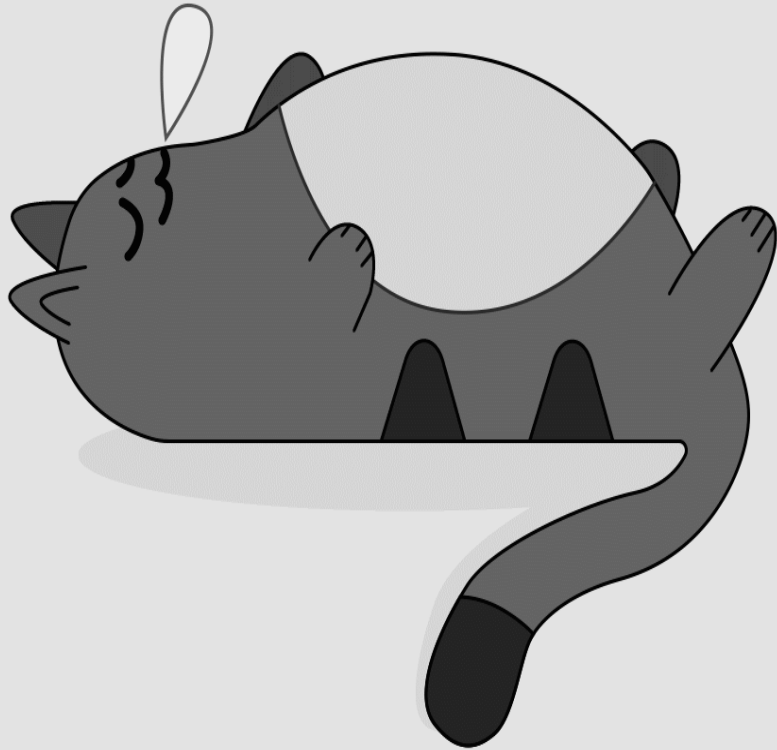


**Alavi**

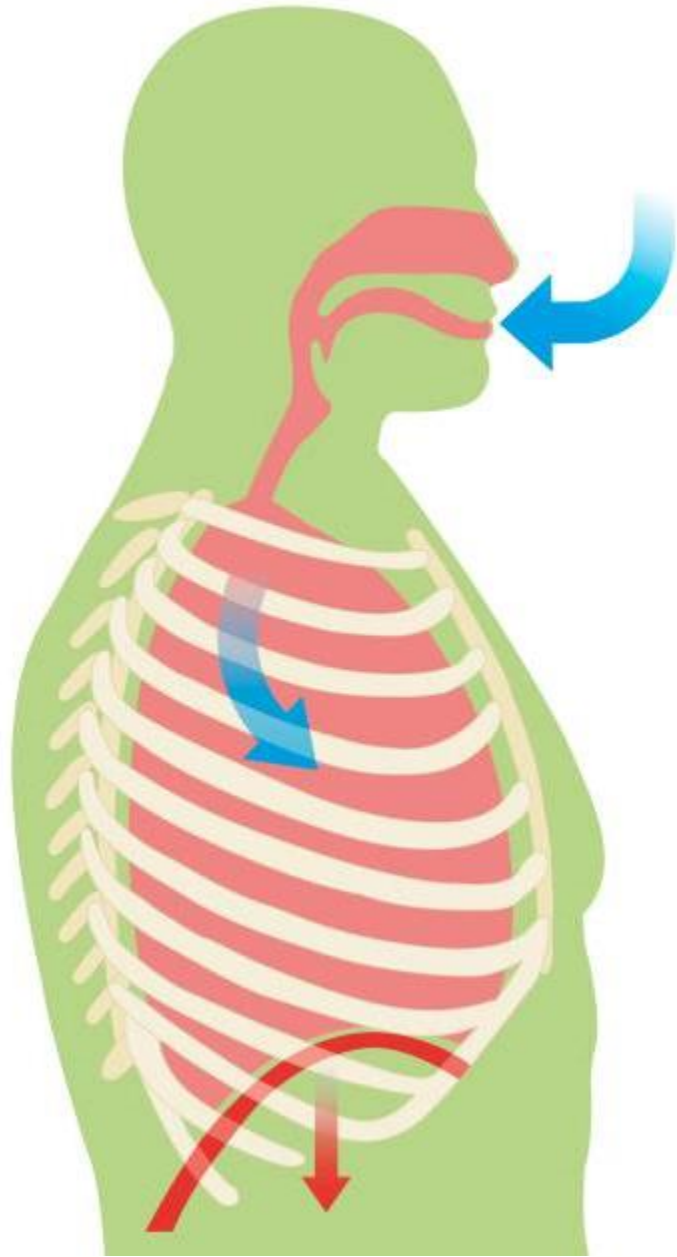
**21st Century Schools**

A large red speech bubble graphic with a tail pointing to the right, containing the text "Session 9".

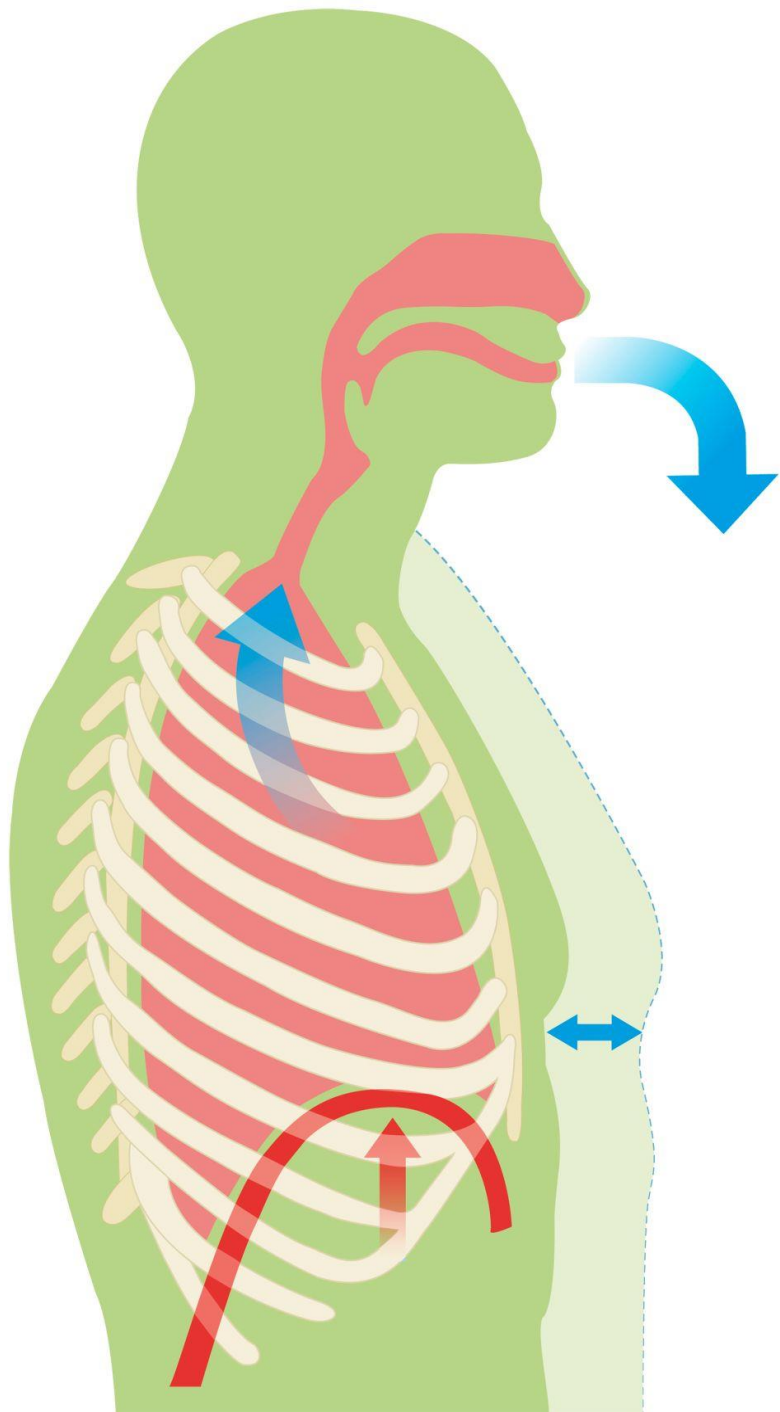
# Session 9



Why does our  
belly  
move in and  
out?

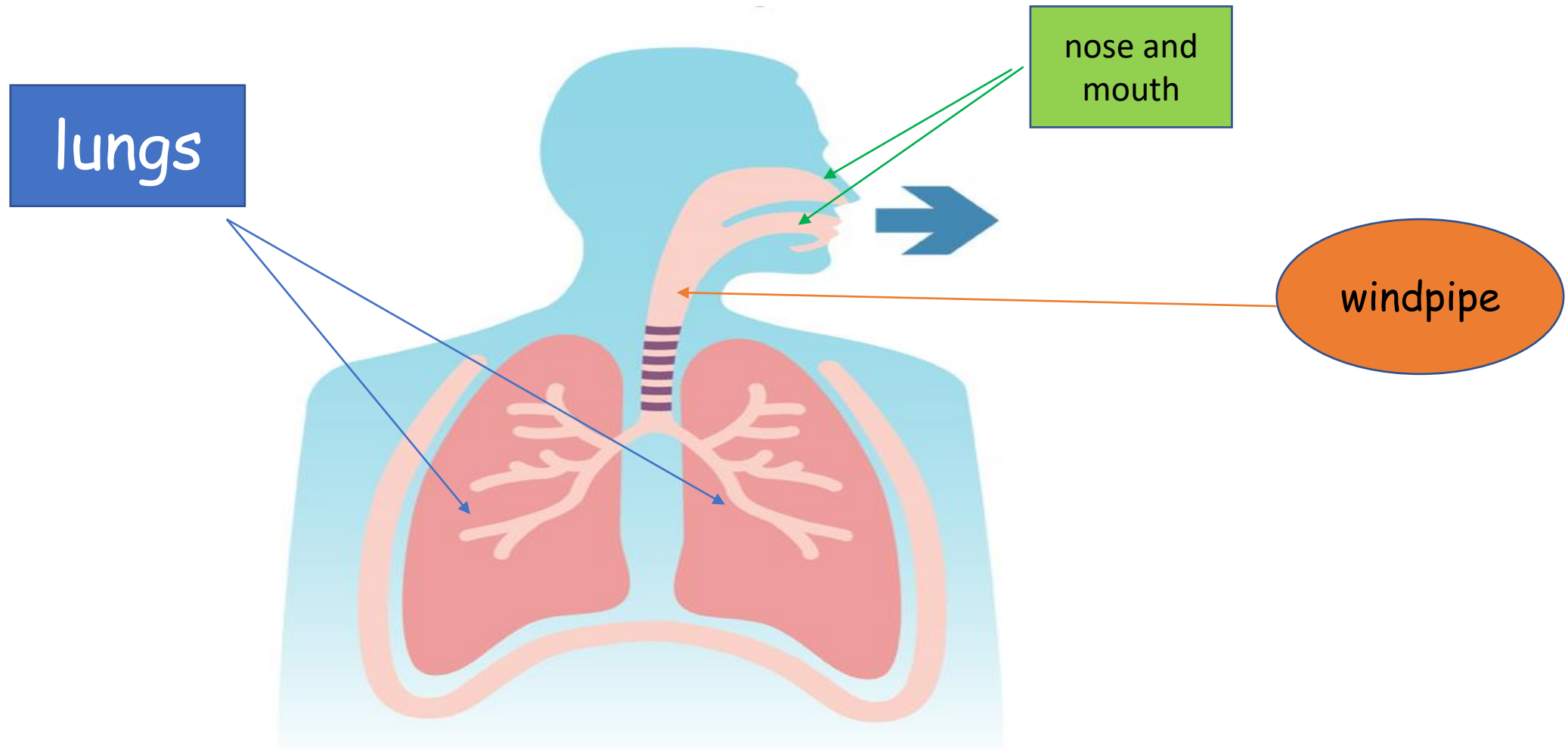


When we breathe in, the air enters our body.

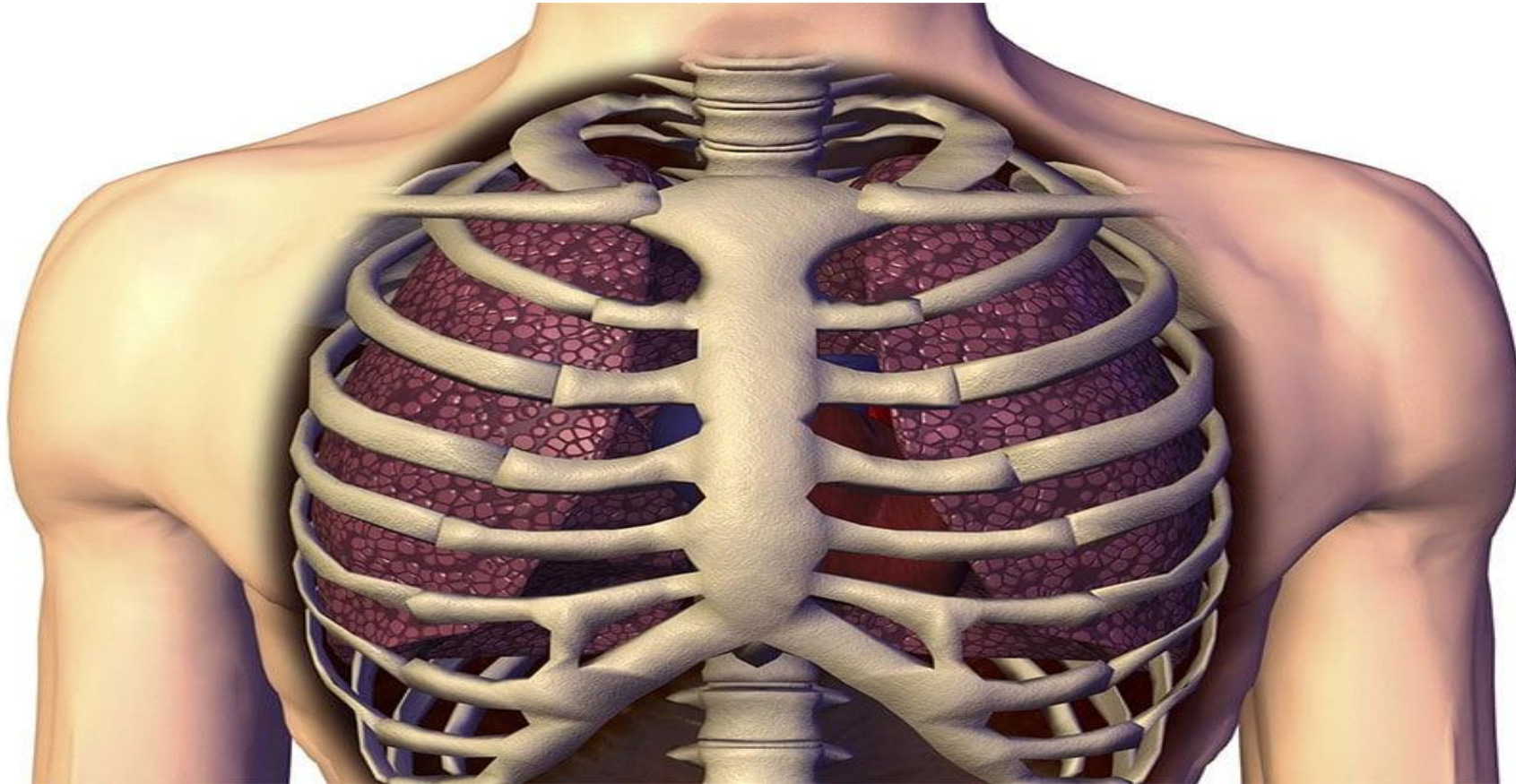


When we breathe out, the air goes out of our body.

# Which body organs help us breathe?

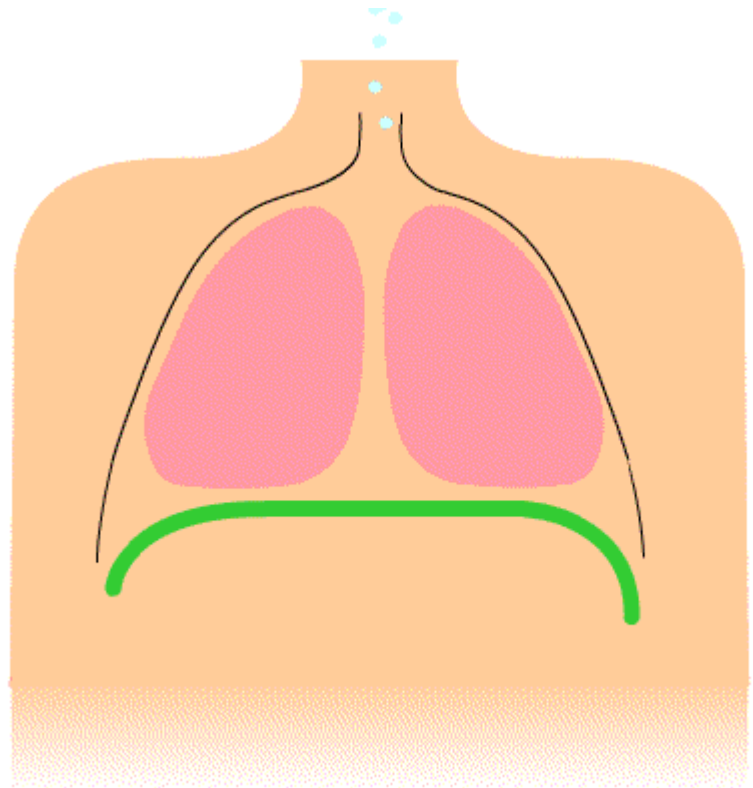


Our lungs are in the chest,  
behind the ribs.

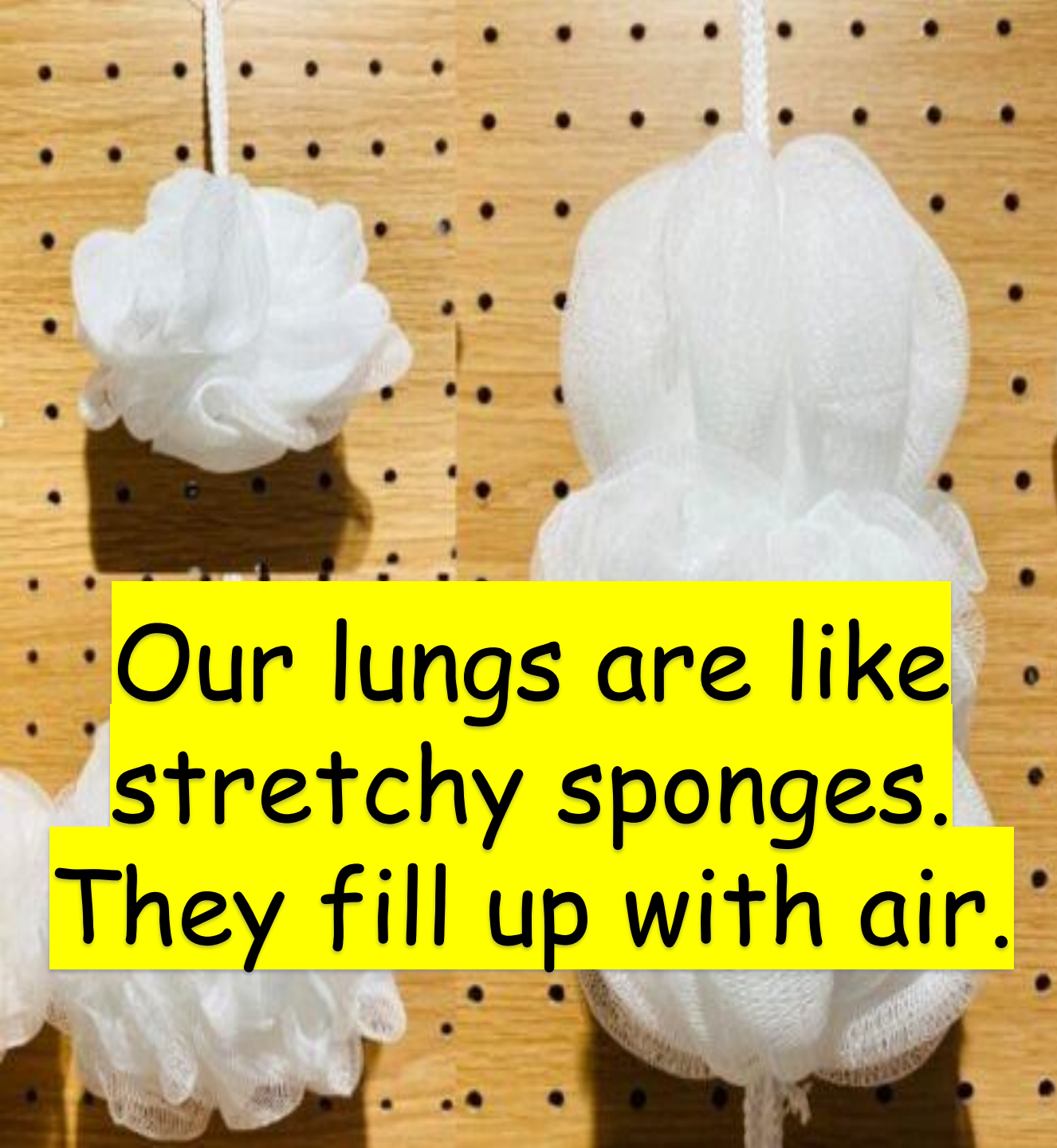




Look at these stretchy sponges. They fill up with water.



Our lungs are like stretchy sponges. They fill up with air.

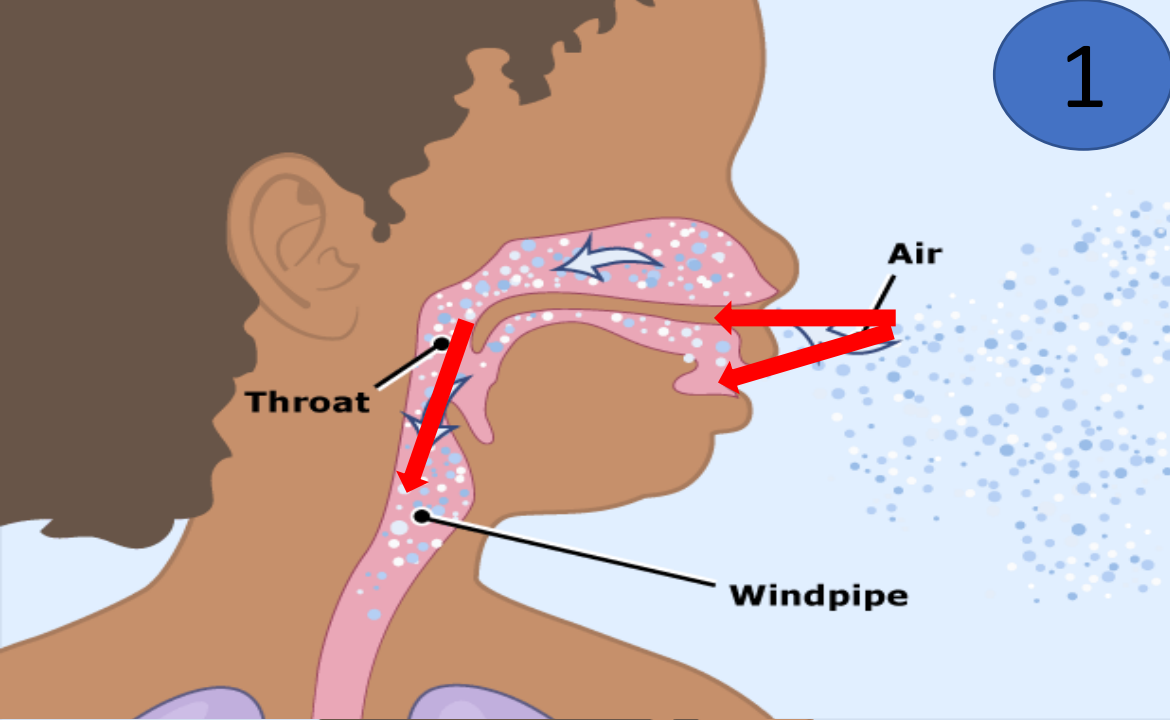




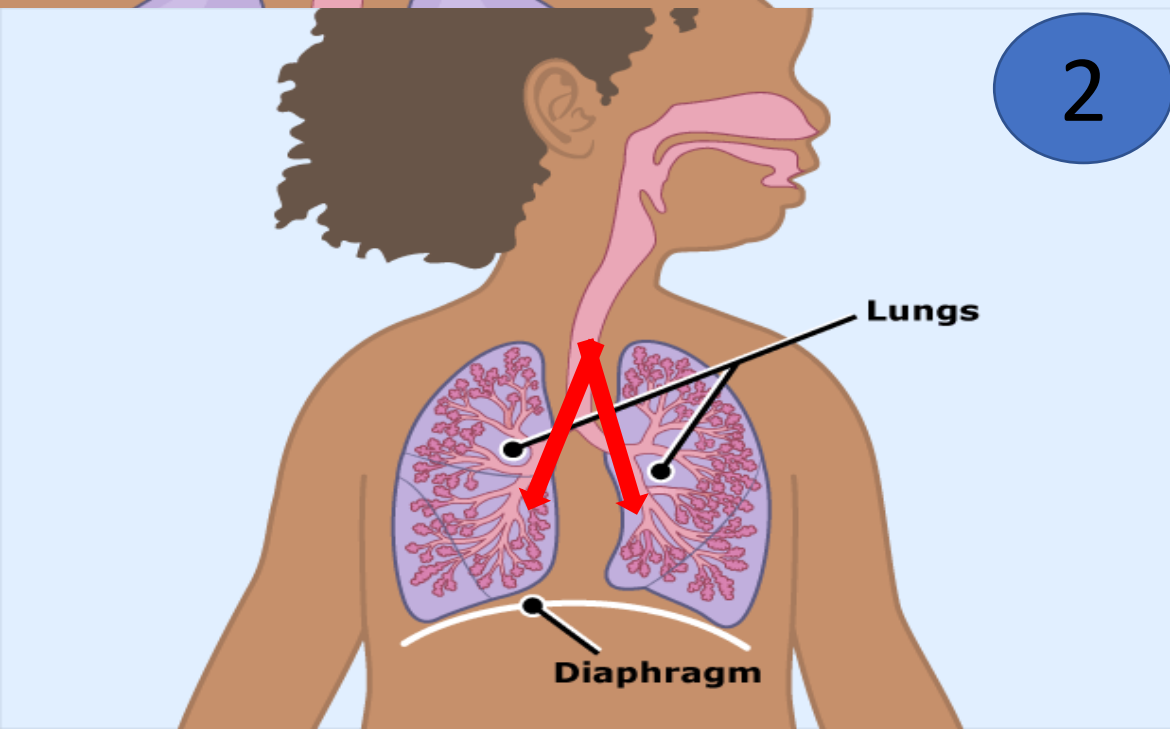
Why do we  
breathe?

To stay alive.  
We need oxygen.

How do we breathe?



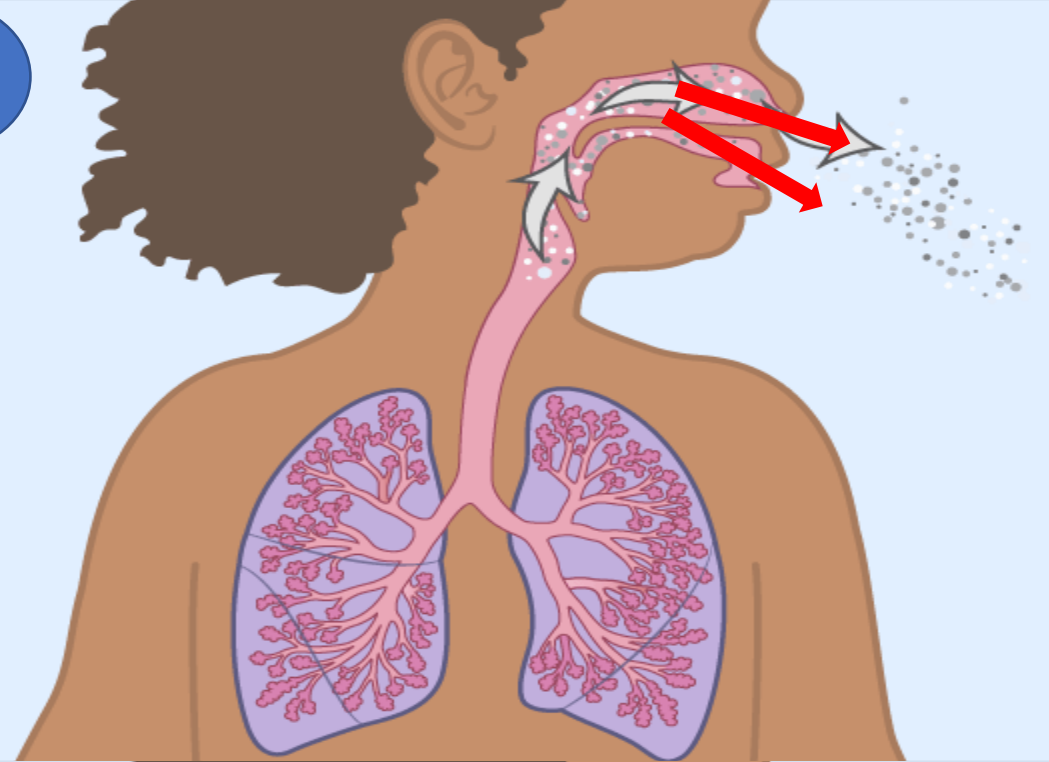
Air enters our body through the nose or the mouth.



Air goes down the windpipe and into the lungs.

Air leaves the body through the nose or the mouth.

4



3

Air is squeezed through the lungs and travels up the windpipe.

