



# How Many Breaths?

What You Need:

- A digital timer
- A grown-up helper

Living things need oxygen to help them live and grow! You take in oxygen every time you breathe! Look at the the chart. Have your grown-up set the timer to the amount of time shown. Put your hand on your chest, and count the number of times your chest rises until they say stop.

Write that number on your chart.



Time	Number of Breaths
3 seconds	-----
5 seconds	-----
7 seconds	-----
9 seconds	-----
11 seconds	-----
13 seconds	-----