

Why do we yawn?

We often yawn because we are sleepy or bored. Sometimes we even yawn because someone next to us yawned.

Scientists have a lot of theories to explain why these situations cause us to yawn, but nobody knows exactly why it happens. One theory is that our bodies are trying to get more oxygen.

That's why we take a yawn, which is essentially just a bigger breath than usual. Another theory states that our bodies are trying to cool our brains by taking in more air.

ACTIVITY:

Did you know that the average adult yawns 20 times per day? Ask the members of your family to keep track of their yawns for one whole day. Graph the results here.

