



The Respiratory System: How We Breathe

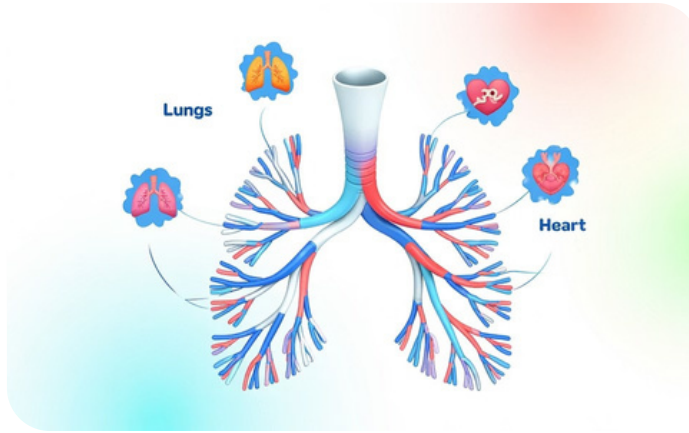
Our respiratory system helps us take in oxygen and get rid of carbon dioxide. Every single cell in our body needs oxygen to make energy so we can run, jump, and think!

Main Parts of the Respiratory System



Nose and Mouth

Where air enters our body.



Trachea and Bronchi

The trachea (windpipe) is a tube that carries air to your lungs. Bronchi are smaller tubes that connect to your lungs.



Lungs and Alveoli

Your lungs are spongy organs where oxygen enters your blood. Alveoli are tiny air sacs where this exchange happens.

The diaphragm is a special muscle under your lungs that helps you breathe in and out. It moves down when you breathe in and up when you breathe out.

How Breathing Works: The Process



Step 1: Inhale

Your diaphragm contracts and your lungs expand and fill with fresh air containing oxygen.



Step 3: Exchange

Oxygen moves from the alveoli into your blood but carbon dioxide moves from your blood into the alveoli.



Step 4: Exhale

Your diaphragm relaxes and moves up, pushing air containing carbon dioxide out of your body.



The Breath-Emotion Connection

This link is a two-way street, where emotions change our breathing, and our breathing can change our emotions.

Emotions Affect Breathing

When you experience strong emotions like anxiety, your body makes you breathe quicker

Fear can cause you to hold your breath.

Breathing Affects Emotions

How you breathe can also influence your emotional state. Slow, deep breathing tells your brain that you are safe and calm.



Summary: Why Breathing is Important

Energy for Life

Breathing gives our body oxygen to make energy so we can play, learn, and grow.

Removing Waste

Our respiratory system removes carbon dioxide, a waste product that our bodies need to get rid of.

Keeping Lungs Healthy

Remember to keep your lungs healthy by breathing clean air and exercising regularly.

