



# Maya's MYSTERIES

"Do you realize how much you should thank God for His blessings? If you should thank Him a thousand times with each breath, it would not be sufficient . . ." —'Abdu'l-Bahá

I'M THANKFUL FOR FRESH AIR AND OUR INCREDIBLE LUNGS!



## EVERY BREATH YOU TAKE

**T**ake a deep breath. Do you know what amazing things are happening in your lungs? It's incredible! When you breathe in, air comes through your **trachea**, or windpipe, and fills each lung. Then the air goes into thousands of little tubes called **bronchioles**. Each is about the thickness of a single *hair*! From there, air flows into tiny air sacs called **alveoli**—there are about *480 million* of them! The

alveoli let oxygen pass into your blood. Then it goes to your heart and the other muscles in your body. And that's just *one* breath—kids take over 34,000 breaths a day!

I'm thankful for all the work our lungs and heart do to help keep us healthy. If you want to learn more about how *yours* work, try this cool activity. Then you can relax and take a breather!

## BREATHE IN, BREATHE OUT

**Try this activity on your own or with family and friends to explore how your breath powers your body.**

- Sitting calmly, find your pulse by placing two fingers on the inside of your wrist. Count the beats for 15 seconds. Multiply to get your heart rate per minute.  
 $\underline{\quad}$  beats  $\times 4 =$   
 $\underline{\quad}$  beats per minute
- Still sitting, count how many breaths you take in 15 seconds. Multiply for your breaths per minute.  
 $\underline{\quad}$  breaths  $\times 4 =$   
 $\underline{\quad}$  breaths per minute
- What do you think your heart and breathing rates will be after exercise? \_\_\_\_\_  
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- Spend four minutes exercising. Run around, dance, do jumping jacks—anything that gets you moving quickly.
- After those four minutes, check heart and breathing rates again.  
 $\underline{\quad}$  beats  $\times 4 =$   
 $\underline{\quad}$  beats per minute  
 $\underline{\quad}$  breaths  $\times 4 =$   
 $\underline{\quad}$  breaths per minute
- Rest for two minutes, then record your heart and breathing rates again. Check every two minutes until you return to your resting rates. How long does it take?  
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## HOW IT WORKS

When we exercise, our breathing and heart rates speed up. This brings more oxygen through our lungs, into our blood, across a vast network of blood vessels, and into our busy muscles to keep them moving. What a cool and efficient system, huh? Did you know that car engines need oxygen to run, too?