The Breath That Took a Journey



Saanvi and Lucas were running across the playground during P.E.

Lucas stopped near the finish line and put his hands on his knees. “I’m breathing so fast!” he said.

Saanvi took a deep breath. “Me too. It feels like my body is asking for more air.”

Their teacher, Ms. Bennett, smiled. “That is exactly what is happening,” she said. “When you run, your muscles need more oxygen.”

Science Fables

Where the Air Begins



“Oxygen?” Lucas asked.

Ms. Bennett nodded. “Oxygen is a gas in the air. Your body needs it to make energy.”

Saanvi touched her nose. “So the air starts here?”

“Yes,” said Ms. Bennett. “Air can enter through your nose or mouth. Your nose is especially helpful because it warms, moistens, and filters the air.”

Lucas sniffed. “So my nose is like an air cleaner?”

“Exactly,” said Ms. Bennett. “After air enters, it travels down a tube called the trachea, or windpipe.”

Science Fables

Branches Inside the Lungs



Saanvi imagined a tiny air tunnel. “So the trachea is the main road?”

“Yes,” Ms. Bennett said. “Then the road splits into two branches called bronchi. One bronchus goes to the left lung, and one goes to the right lung.”

Lucas spread his arms like branches. “So the air road divides!”

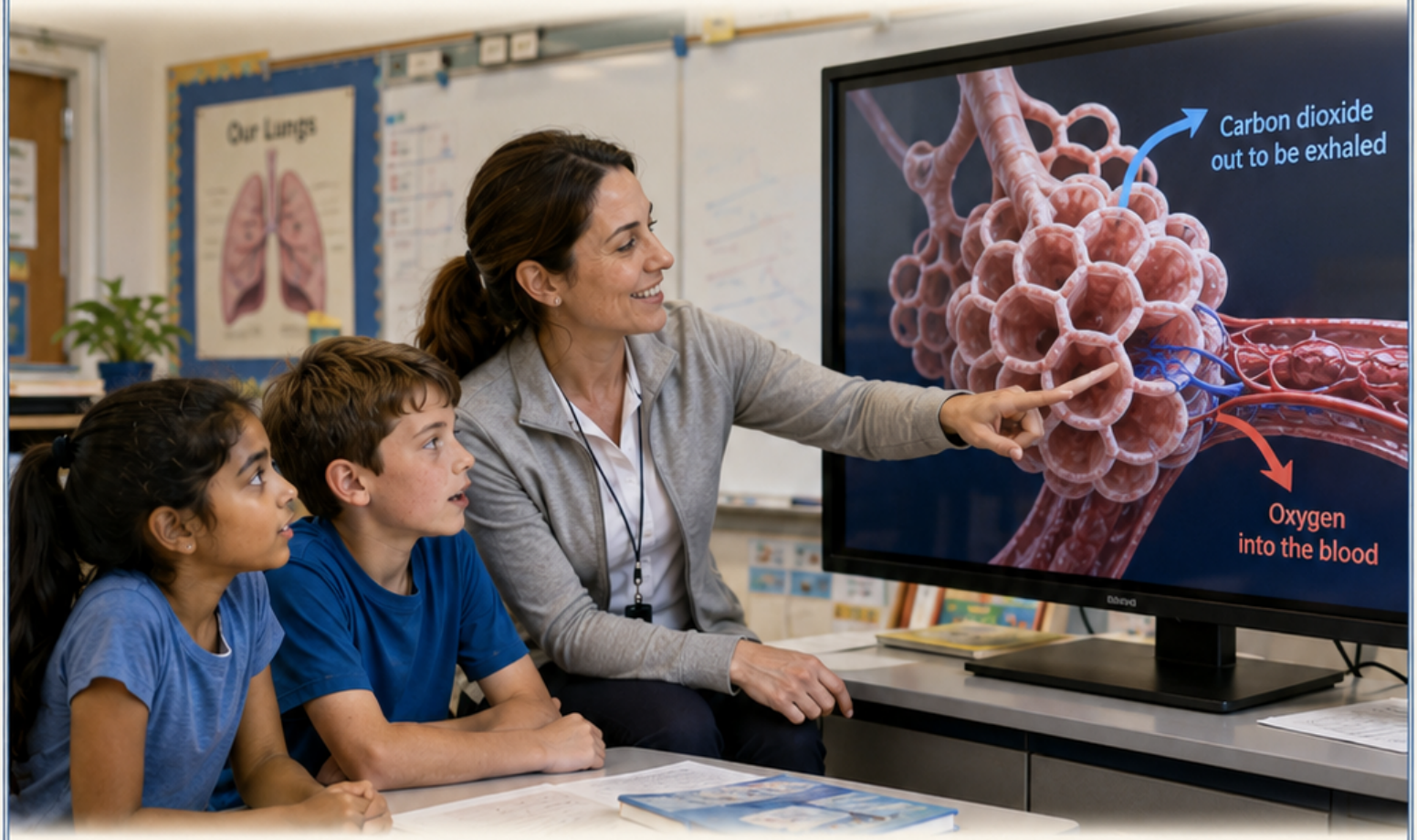
“Right,” said Ms. Bennett. “Inside the lungs, the bronchi divide into smaller tubes called bronchioles.”

Saanvi smiled. “Like tree branches getting smaller and smaller.”

“Perfect,” said Ms. Bennett.

Science Fables

Tiny Air Sacs at Work



Then Ms. Bennett showed them a picture of tiny round air sacs.

“At the end of the bronchioles are tiny sacs called alveoli. This is where the most important exchange happens.”

“What exchange?” Lucas asked.

“Oxygen moves from the alveoli into the blood,” Ms. Bennett explained. “At the same time, carbon dioxide moves from the blood into the alveoli so you can breathe it out.”

Saanvi’s eyes widened. “So my lungs trade gases?”

“Yes,” said Ms. Bennett. “You breathe in oxygen, and you breathe out carbon dioxide.”

Science Fables

The Breathing Helper



Lucas took a slow breath in and out.

“But what makes the air move?” he asked.

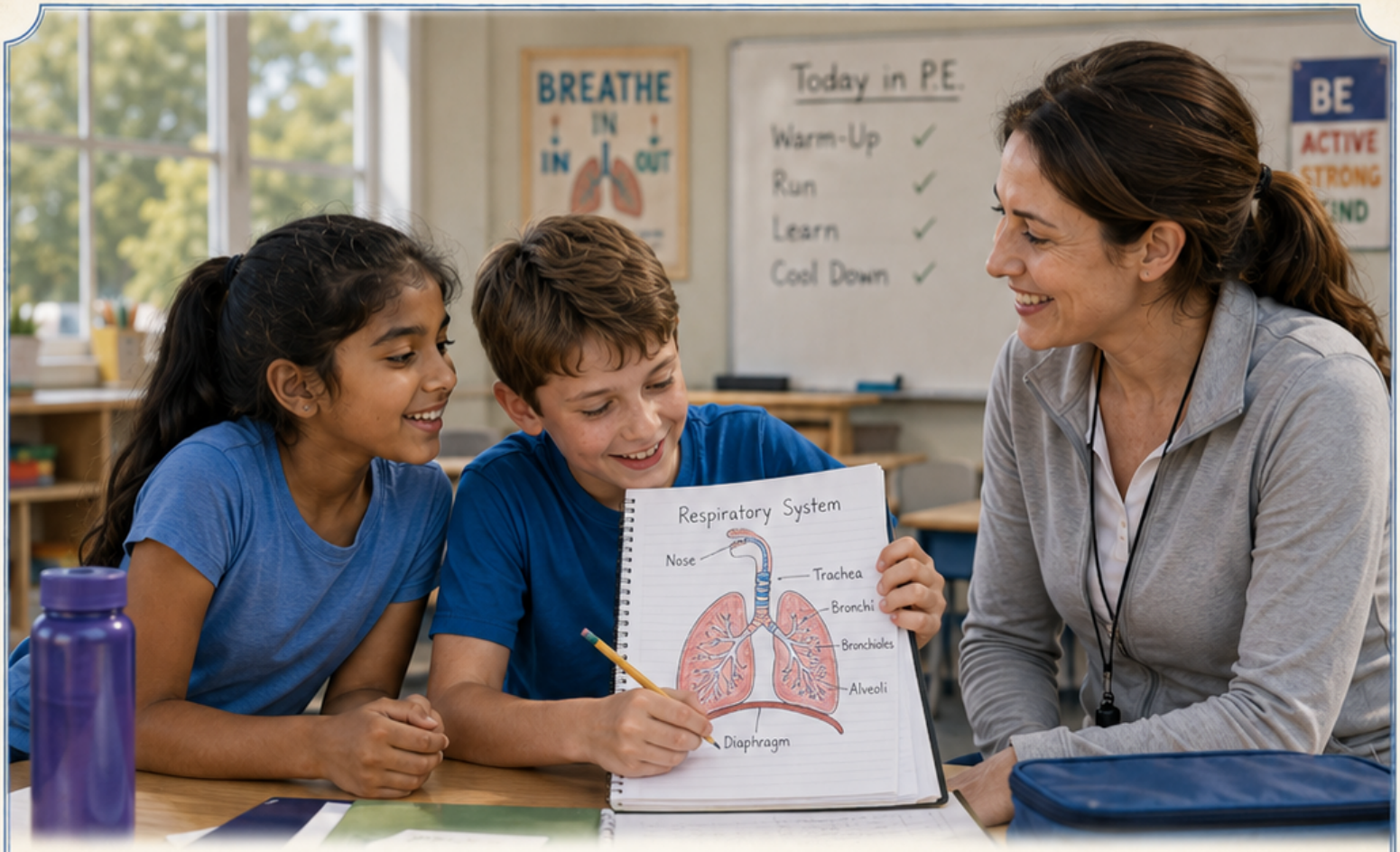
Ms. Bennett placed a hand under her ribs. “A muscle called the diaphragm helps. When the diaphragm moves down, your lungs have more space, so air comes in. When it moves up, air goes out.”

Saanvi tried it. She breathed in slowly and felt her chest rise.

“So the diaphragm is like a helper pump?”

“That is a good way to think about it,” said Ms. Bennett.

Science Fables



Science Element

The respiratory system helps the body bring in oxygen and remove carbon dioxide.

Air enters through the nose or mouth. The nose warms, moistens, and filters air.

The trachea carries air into the chest. The bronchi branch into each lung. The bronchioles are smaller tubes inside the lungs.

The alveoli are tiny air sacs where oxygen enters the blood and carbon dioxide leaves the blood.

The diaphragm is a muscle that helps move air in and out of the lungs.

Main parts and functions:

- **Nose** – filters, warms, and moistens air
- **Mouth** – another opening for air
- **Trachea** – main air tube
- **Bronchi** – two branches into the lungs
- **Bronchioles** – smaller tubes inside the lungs
- **Alveoli** – tiny air sacs for gas exchange
- **Lungs** – main breathing organs
- **Diaphragm** – muscle that helps breathing

Science Fables