

VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI

CLASS-3

SUBJECT- E.V.S

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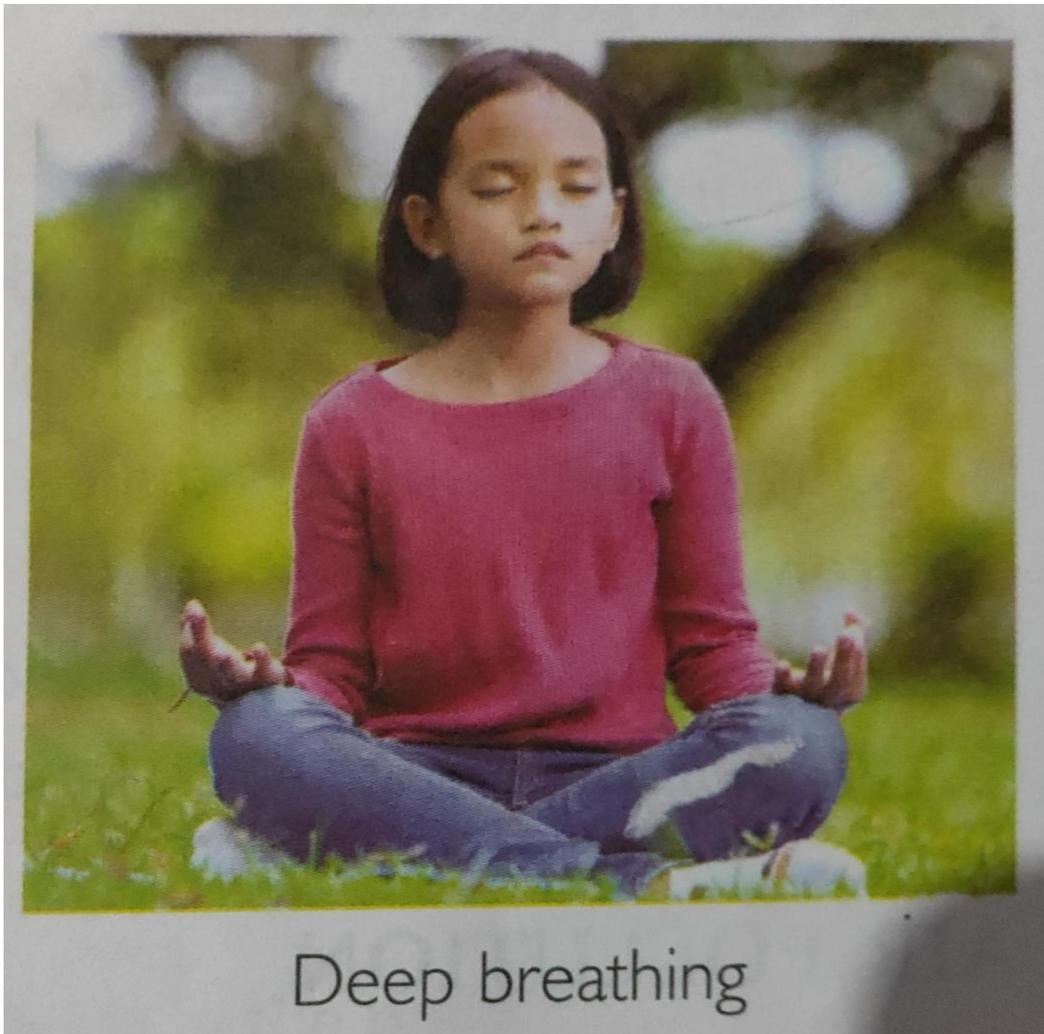
BASED ON NCERT PATTERN

Respiratory system

Simple processes of deep breathing

- Sit in a comfortable and quite position keeping your back straight in a quite. Close your eyes.
- Take a deep breath slowly through your nose. This will make your stomach swell and expand a little.
- Now hold your breath for a few seconds and slowly breathe out through your mouth. You will notice that your stomach goes in when you breathe out.
- Repeat these processes several times until you feel your body and mind relaxed.

Deep breathing exercises result in a better supply of air into the lungs . They can be done several times in a day for a few minutes. This improves our overall health.



Do it daily . Follow all steps given above .