

Name \_\_\_\_\_

## The Diaphragm: Your Breathing Buddy

### Open-Ended Response Questions

1. Imagine you are teaching a younger sibling about the diaphragm and how it helps with breathing. What analogies or simple explanations would you use to make the concept understandable?
2. Discuss the impact of deep breathing exercises on the diaphragm's function and overall well-being. How can practicing deep breathing benefit your physical and mental health?
3. Describe a situation where your body might require more oxygen, such as during strenuous exercise. Explain how the diaphragm and other respiratory muscles would respond to meet this increased demand.
4. Reflect on the importance of the diaphragm in maintaining healthy respiratory function. What are some practical tips for keeping your diaphragm and respiratory system in good shape?

