

Name _____

Breathing for Life: Why Do We Need to Breathe?

Short Answer

1. Explain the role of oxygen in our body and how it is delivered to our cells.
2. How does the brain regulate our breathing rate in response to changes in oxygen and carbon dioxide levels?
3. Why is it important for our body to get rid of carbon dioxide regularly?
4. How can deep, slow breaths help manage stress and anxiety?
5. Besides carbon dioxide, what other waste products does our breathing help remove from our body?

