

3A How Many Breaths?

How Many Breaths?

Do each activity for one minute. Count your breath after each activity for 20 seconds. As a class, what was our most common number of breaths? Record the class number.

Number of Breaths	30			
	28			
	26			
	24			
	22			
	20			
	18			
	16			
	14			
	12			
	10			
	8			
	6			
	4			
	2			
	Sitting	Walking	Running	
	Activity			