Parent Connection

The subject that we are studying right now is Water and Oxygen and how they affect Nutrition and Health.

GET RID OF TOXIC BREATH

Take a deep breath, stand about 3 inches away from a mirror, and exhale onto it. Could you smell your breath? Was it pleasant or not so pleasant? Bad breath can be caused by many things: spicy food, poor mouth hygiene or stomach problems are some contributors. Drinking more water can sometimes help. If you had bad breath think about what you think might be the reason. Bad breath can be socially undesirable or unhealthy.

Breathe Deep!

Ask your parents to watch this breathing experiment and to help you think of writing ideas. First, lie on your back and place a heavy book on your stomach. Breathe in so deeply that you make the book go up and down. Now, write two paragraphs:

1. Explain how you felt during the breathing exercise

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2. Describe some ways you can use deep breathing in your daily life.

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My Family Goals

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My Personal "Water and Oxygen" Goals

Pick a big goal that's related to water and oxygen for your body. Now make a couple smaller goals that will help you reach your big goal by the end of the school year.

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