

# My Breath

## Science Experiment



### Method

1. Ask the children to breath in and out. Can they see anything coming from their mouths?
2. Next, stand next to a mirror or window.
3. Take a deep breath in.
4. Gently breathe out onto the glass.
5. The children will see that the glass has misted up. The water in our breath condenses on the cool glass.

### You will need:

Window pane or mirror

