

The Oxygen-Carbon Dioxide Cycle Through Movement

Creative Exercise Worksheet

Student Name:

Every time you breathe in, you take in a gas called oxygen. Your body uses it to stay alive. When you breathe out, you release a different gas called carbon dioxide.

Here is the important part: what we breathe out is exactly what plants need. Plants take in carbon dioxide to grow. Then, they release oxygen back into the air. That oxygen is what we need to breathe again.

This creates a cycle that is always happening around us, even though we cannot see it. It connects humans, animals, and plants in a constant exchange.

Part 1: Understanding the Cycle

- What gas do humans and animals breathe in?
- What gas do humans and animals breathe out?
- What do plants take in to live and grow?
- What do plants release that helps humans and animals?

Part 2: Match the Movement

Inhale

Exhale

Growth

Contract and fold inward

Rise and expand

Reach upward and open wide

