



Label the Steps of Inhaling and Exhaling



Directions: Read the steps below and label whether each step happens during inhaling or exhaling. Write **INHALE** or **EXHALE** on the line beside each one.

1. _____ The diaphragm contracts and moves downward.
2. _____ The lungs fill with air.
3. _____ The diaphragm relaxes and moves upward.
4. _____ The chest cavity gets smaller.
5. _____ Oxygen enters the bloodstream.
6. _____ Carbon dioxide is pushed out of the body.
7. _____ The chest cavity expands.
8. _____ Air moves out through the nose or mouth.
9. _____ Air moves in through the nose or mouth.