

A dark, microscopic image showing several spherical viruses with prominent surface spikes, resembling coronaviruses. The viruses are rendered in shades of purple and blue against a black background. A white, hand-drawn style border frames the central text area.

# Respiratory diseases.

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Read the clues and drag the name of each disease.  
Then select the symptoms each one has.

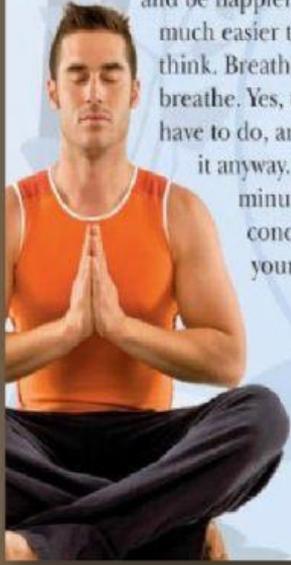
**How much do you know about some common respiratory diseases?**

1. A virus causes this sickness. People who have it usually have a fever.  
Their whole body hurts. \_\_\_\_\_
2. Many people get this common illness. It doesn't have a cure, but it's usually not serious. People feel tired and have a runny nose. Sometimes they have a cough, too. \_\_\_\_\_
3. This is a serious disease. The lungs fill up with a thick liquid and people can't breathe.  
\_\_\_\_\_
4. A person with this sickness has trouble breathing and wheezes or makes a whistling sound when he or she breathes. When you have this disease you need an inhaler. \_\_\_\_\_
5. It's a sickness of the throat and lungs. People cough a lot. You need an antibiotic to feel better. \_\_\_\_\_

The flu.
Asthma.
Bronchitis.
Pneumonia.
A cold.

## Mindful Breathing

Are you scared of many things? Do you worry a lot? Do you want to feel better and be happier? Well, it's much easier than you think. Breathe, breathe, breathe. Yes, that's all you have to do, and we all do it anyway. Take ten minutes a day and concentrate on your breath.



Take a breathing break at any time of the day. Maybe your teacher will let you try right now. You can start with only one minute at a time. Sit in a comfortable position. Then close your eyes. Count to three as you breathe in or inhale through your nose. Count to four as you exhale or breathe out through your nose. Repeat at least five to six times.

Keep in mind how you breathe. You breathe in through your nose. Breathe in deeply. Feel your abdomen expand. Feel your lungs fill up with air. Then feel your diaphragm relax and get smaller as you exhale.

Read the text and choose the headings for each section (Drag and drop).

How you breathe
Breathing Breaks
Be happier

Select the steps for mindful breathing.

