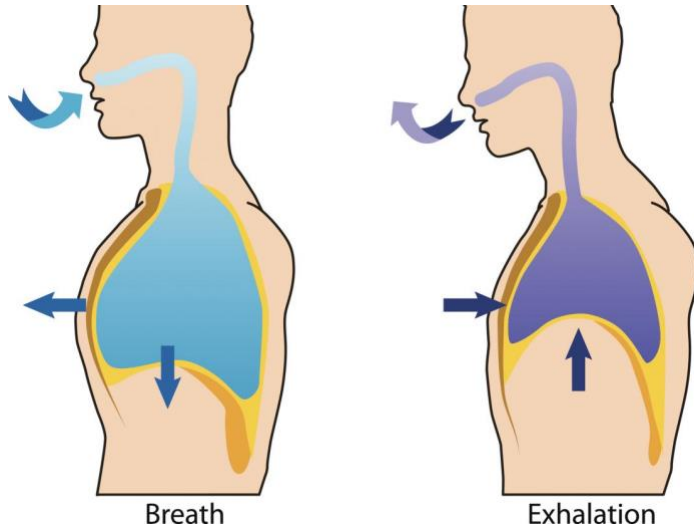


## Take a breath

You can hold your breath for a while. But soon you have to take another breath in.



[Royalty Free Breathing Clipart. Many thanks.  
<https://www.clipart.email/download/3491190.html>]

When air goes in, your chest gets bigger. It goes into your lungs – there is one on each side of your chest.



[Public Domain Vectors. Many thanks  
<https://publicdomainvectors.org/en/free-clipart/Vector-illustration-of-lungs/18340.html>]

From there, oxygen from the air goes into your blood and then gets carried to every part of your body.

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We need the air because we need the oxygen which is in the air.  
[Oxygen is an element, by the way.]

It is not just your mouth and nose that wants oxygen, it's your toes and your ears and your tummy – every part of you needs oxygen to stay alive.

What were those other 'elements'...?

Here's a hint about one of them.



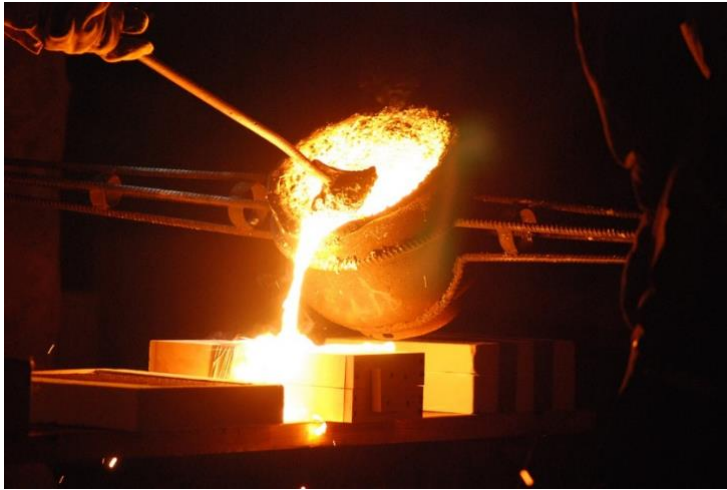
You are correct!! Gold is an element.

## Iron

We talked about iron when we talked about magnets – iron is an element.

We also talked about iron when we talked about the centre of the Earth being a hot metal core [most of this is iron]. Iron is a very hard metal – it is used to make very hard things like railway tracks and bridges.

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[<https://www.maxpixel.net/Fire-Metal-Heat-Molten-Pour-Hot-Iron-Foundry-4455451>]

Amazingly, when iron is made really, really hot, it becomes a liquid and you can pour it to make things like railway tracks. [Ice is the same of course, when you heat it up it becomes runny water.]

## Mercury

Mercury is an element – but a very unusual one.



[USGS. Public domain. Many thanks  
<https://www.usgs.gov/media/images/mercury-only-metal-liquid-normal-temperatures>]

It is a metal, but it is a liquid – so, runny like water, even when it is not heated up – if there was some in the room where you are now, it would be runny, and you could pour it into your hand – no problem.

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We have used the word ‘Mercury’ before – do you remember?



Yes, it is the name of the planet which is closest to the Sun [then comes Venus and Earth].

Thousands of years ago the people who lived in Greece and Rome believed in a lot of different gods. One was called Mercury. He could get from one place to another very fast – so, he carried messages.



[Free Download Transparent PNG.  
[https://www.pnglot.com/downpng/TRhbiwJ\\_greek-god-mercury-mercury-hermes/](https://www.pnglot.com/downpng/TRhbiwJ_greek-god-mercury-mercury-hermes/)]

Mercury was good at carrying messages because he was very fast. If you look closely, you can see why he was very fast. Yes, he had little wings near his ankles [and on his helmet]. It looks like he was so fast he didn't have time to put his pants on. So, don't go too fast.

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**Knock, knock.**

Who's there?

**Boo.**

Boo who

**You don't need to cry, it's just a joke!**



The capybara – is the largest living rodent [related to mice and squirrels] – it lives in South America.