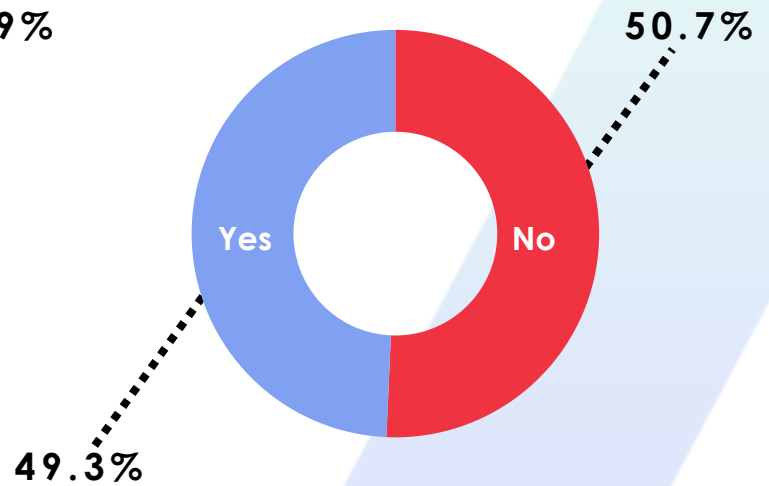
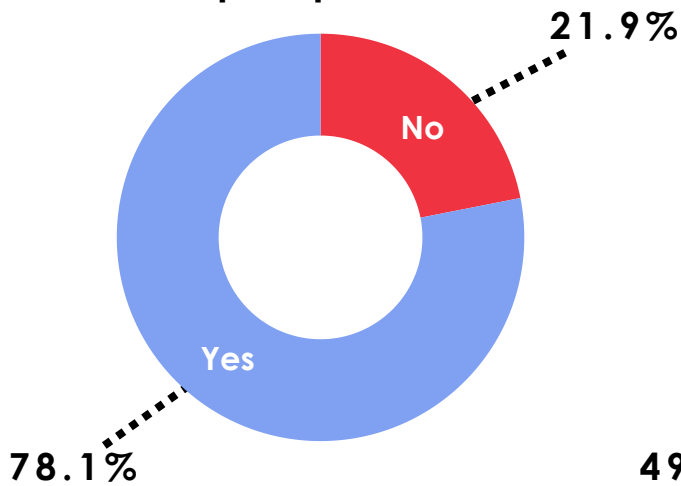


YOUR LATEST RESULTS

5-7: Do history months help us to understand other people? 7-11: Do you learn during history months?



This VoteTopic received 50,591 total votes.

THIS WEEK'S BIG QUESTIONS

5-7: Is it easy to tell when objects are dangerous?

7-11: Will you be the first smokefree generation?

- What do you think of the plans to ban the sale of cigarettes?
- How do you think the ban could help younger generations?
- Is it helpful to ban things that are dangerous?

WHAT OTHERS ARE SAYING

- *"Stopping people becoming addicted to smoking and helping those who smoke to quit are two of the most important things we can do to improve health." - Professor Sir Chris Whitty, Chief Medical Officer for England.*
- *"This ban can't come soon enough, not only for the health of future generations, but also for the health of the planet." - Libby Peake, Head of Resource Policy at the Green Alliance.*

A CLOSER LOOK: DEEP BREATHING



You have been breathing since you were born, so obviously you know how to breathe without even thinking about it, right? Well, it turns out that thinking more about your breathing has many health benefits.

So far, scientists have found that working on your breath can improve your blood pressure, make you feel calmer and less anxious and reduce pain. It can even help you drift off to sleep if you struggle to switch off at bedtime.

Doing some breathing exercises is one way to help improve your lung health. Try breathing in slowly and steadily through your nose. See how high you can count while you can do this. Then, gently and slowly release your breath. Keep doing this for 5 minutes and notice how your body feels afterwards!

YOUR GUIDED READING QUESTIONS

- True or false: working on your breathing can improve your blood pressure.
- Name two other ways that deep breathing can help your mind and body.
- How should you start the breathing exercise?
- What should you do while you breathe in during the exercise?
- How long should you spend on this breathing exercise?

THIS WEEK'S OTHER NEWS STORIES

King Charles diagnosed with cancer

Buckingham Palace have announced that King Charles has been diagnosed with cancer, and that his treatment has begun. He will be cutting back on his work and meetings while he recovers.



One million electric cars sold

A landmark one million electric cars have been sold in the UK since 2002, but experts have said this is less than expected. This has sparked some calls for tax cuts for electric cars because they are better for the environment.



Longer working lives coming soon

Soon, UK workers will have to continue working until they are 67. However, researchers say that the retirement age will need to increase to 71. The calculations say that there will not be enough workers in the UK without them.



Wildfires on the coast of Chile

Over 120 people have been killed in the Valparaiso region of Chile, as an unusual heat wave hit the country. The fires started in forests and spread to nearby towns. The smoke from the fires can be seen from satellites in space.



For more news stories, check out CBBC Newsround, First News, The Week Junior and Simple Politics.