



Minutes and seconds

1. How long can you hold your breath?



2. How long can you sing a sound without stopping?



3. How long can you stand on one leg?



4. How long can you hop on one leg without changing the leg?



5. Count steadily from 21 to 81.
How long does it take?

hold: halten, anhalten
breath: Atem, Schnauf
sound: Ton, Klang
hop: hüpfen, hopsen
without: ohne
steadily: gleichmässig, ruhig