

## Steaming up

### What you need:

A mirror



A deep breath



### What to do:

1. Take a deep breath.
2. Get really close to the mirror (or a window) with your mouth.
3. Open your mouth wide and breathe your hot breath onto the mirror or window.

### What happens?



## How and Why:

As you breathe out your breath hits the cold surface of the mirror and the mirror fogs up.

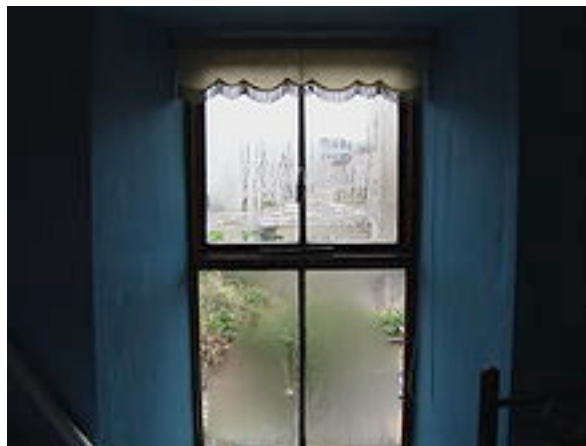
Your breath contains water vapour.

As the water vapour in your breath hits the cold surface it turns from gas to liquid. This liquid is the fog you can see on the mirror. This is called **condensation**.

## Can you think of any other times when you might see this?

Here are some other examples:

- Breathing out on a cold morning.
- On the windows in your house when there has been a rain storm.



- On the outside of a really cold bottle of drink

