**Air Resistance** occurs when a moving object is pushing against the air, which slows the moving object down. Air resistance helps airplanes fly, windmills move, and parachutes to fall gently to the ground.  Air resistance can also be dangerous at high speeds, such as in hurricanes or tornados.

Anything that moves through the air is met with resistance. A good way to “see” air resistance is with a helium balloon.  If you were to hold the balloon on a string, it floats vertically.  Once you begin to move with the balloon, it starts to get pulled down and drags behind you.  That is because the air resistance is dragging it down.