

## **How to 2 Video Narrative**

Let's explore how elements are arranged in periods.

Periods are horizontal rows on the Periodic Table.

Periods go across the Periodic Table from the left to the right.

Recall the location of the atomic numbers of the elements.

Do you notice how the atomic numbers increase as you move left to right—or horizontally—in a period?

The first row is called Period 1. Period 1 contains hydrogen and helium.

The second row is called Period 2. It consists of lithium, beryllium, boron, carbon, nitrogen, oxygen, fluorine, and neon.

The third row is called Period 3.

Notice how the periods are labeled on the table. The number on the left side of the Periodic Table represents each period.

There are a total of seven periods on the periodic table.