

Easy Breathers:

Tell students that they are going to get a chance to feel what it is like to have an asthma attack

1. Have students place the straw in their mouths and ask them to breathe through the straw for 30 seconds (Discuss what that was like).
2. Next, ask students to do jumping jacks (or some other physical activity they can do while standing near their desks) without the straw in their mouths for 1 minute.
3. When students are done with the physical activity, have them quickly place the straw back in their mouths and have them breathe through their mouths (through the straw) for 30 seconds (Again, discuss what it feels like and compare that to the original activity).
4. Have the students repeat the physical activity, but this time ask them to do so with the straw in their mouths and remind them to only breathe through their mouths while completing the physical activity.
5. When students are done with their one minute exercise, have them breathe through the straw again. (Again, have students discuss what the experience was like and compare it to the original activity).

Now students have a general understanding of what it feels like to struggle to get enough air into their lungs. By completing this activity, students begin to gain some content knowledge about asthma.

