

## Out of breath

Time: 10 minutes

### Materials

- Straws
- Timer (optional)

### Instructions

- Introduce a discussion about the benefits of being physically active and the fun aspects of exercise.
  - Students might discuss enjoyment of activities such as sports, dance, playing with friends, swimming,
  - Students might discuss benefits such as living a long and healthy life, being strong, having better mental health, being happier, having more energy, thinking more clearly, making friends through activities, better mobility, etc.
- Ask the students if they know what it feels like to have trouble breathing (i.e. asthma).
- Explain to students that in this activity, they will be simulating some of the effects of smoking on their ability to be physically active.
- Invite students to find a spot where they can move freely.
- Ask four students to volunteer to use the straws during one to two minutes of the exercise period to simulate a restricted airway (students with pre-existing lung conditions, such as asthma should not volunteer).
- Begin with a simple warm-up. Instruct the “straw users” when to start exercising while breathing through the straw. This will be one to two minutes during the intense activity portion of the exercise. The total exercise period will last for approximately five to eight minutes including a cool-down period. Ask the “straw users” to comment on how difficult it is to exercise with a restricted airway (i.e. stamina, ability to breathe and keep up, etc.).
- Conclude the activity by discussing their knowledge of tobacco use and its effects on lung function and overall health.

- Refer to information and FAQ section in the Core Knowledge Content to answer students' questions and formulate discussion questions.

## Variations

- Create a gallery walk with a different activity at each station (i.e. *Tar jar*, *Out of breath*, *Choose to be tobacco-free* scenarios, each of the worksheets).