

Date: \_\_\_\_\_

# Breathing Through Straws

## Introduction

**Purpose:** To experience what it feels like when air coming into the lungs is limited. This should give you a sense of what it might be like to live with a respiratory disorder, such as asthma or bronchitis.

**Materials:**

- One wide straw
- One thin straw

**Procedure 1—Breathing through a wide straw:**

1. Pinch your nose and breathe through the drinking straw for **one minute** while sitting in a chair. Keep your lips tightly sealed around the straw. Stop using the straw to breathe if you do not feel well at any time.
2. Record the effects the experiment had on your body in the “Wide Straw” data table on page 33.
  - How did you feel?
  - Was it easy or hard to breathe through the straw?
  - Did you want to stop or keep going?
3. Repeat the experiment while walking in place and running in place. Record those results in the data table where indicated.

**Procedure 2—Breathing through a thin straw:**

1. Pinch your nose and breathe through the thin straw for 20 seconds while sitting in a chair. Stop the activity if you do not feel well at any time.
2. Record the effects the experiment had on your body in the “Thin Straw” data table on page 33.
3. Answer the analysis questions on pages 34–35.

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## Recording Your Observations

### Wide Straw Data:

Activity	Observations
Sitting in a chair	
Walking in place	
Running in place	

### Thin Straw Data

Activity	Observations
Sitting in a chair	

Date: \_\_\_\_\_

## Breathing Through Straws

### Analysis: Making Sense of the Observations

1. Were some of the activities more difficult to do while breathing through the wide straw than others? If so, which ones?
2. Why do you think that breathing through the wide straw caused the effects that you described?
3. Did breathing through the thin straw affect you differently than breathing through the wide straw? If so, explain why you think this occurred.

