

APPENDIX G: (SECTION 6)

TAKE A DEEP BREATH ACTIVITY

Give each participant three straws: an extra-wide straw, a regular straw, and a straw-type coffee stirrer along with the *Take a Deep Breath* worksheet and pencil. While participants are seated, have them pinch their nose closed so that no air can escape, either while inhaling or exhaling. Have them put the wide straw in their mouth and try to breathe through it for one (1) minute. Each person will record on the worksheet how long they were able to breathe through the wide straw.

Have participants replace the wide straw with a regular straw. Again, ask them to keep their nostrils pinched and try to breathe through the regular straw for one (1) minute. Each person will record how long they were able to breathe through the straw.

Have participants now replace the regular straw with a straw-type coffee stirrer. Again, ask them to keep their nostrils pinched and try to breathe through the straw-type coffee stirrer for one (1) minute. Each person will record how long they were able to breathe through the straw.

Now, ask participants to stand up. Ask them to do jumping jacks for 30 seconds [trainer will demonstrate jumping jacks]. After 30 seconds, have participants stop and be seated.

Now using the extra-wide straw, have participants repeat the experiment. Remember they must pinch their nose closed so that no air can escape, either when inhaling or exhaling. Ask participants to put the extra-wide straw in their mouth and breathe through it for one (1) minute. Each person will record how long they could breathe through the wide straw.

Participants now replace the extra-wide straw with the regular straw. Again ask them to keep their nostrils pinched and try to breathe through the regular straw for one (1) minute. Each participant will record how long they were able to breathe through the straw.

And finally, use the straw-type coffee stirrer. Again, have participants keep their nostrils pinched and try to breathe through the stirrer one (1) minute. Each participant will record how long they were able to breathe through the stirrer.

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TAKE A DEEP BREATH WORKSHEET

Record the length of time (number of seconds) you could breathe through the different types of straws.

TYPE OF STRAW	LENGTH OF TIME COULD BREATHE (NUMBER OF SECONDS)		
	Sitting Down	Jumping Jacks	Other Activity
Extra-wide straw			
Regular-sized straw			
Straw-type stirrer			