

TAKE A DEEP BREATH: STRAW ACTIVITY

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

	LENGTH OF TIME COULD BREATHE (# OF SECONDS)	
TYPE OF STRAW	SITTING DOWN	WALKING AROUND OR OTHER ACTIVITY
EXTRA-WIDE STRAW		
REGULAR-SIZED STRAW		
COFFEE STIRRER STRAW		

