

# TAKE A DEEP BREATH: STRAW ACTIVITY

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

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

