

# Breathing Through Straws

This exercise demonstrates how difficult it is and how it feels to breathe like someone with emphysema (or popcorn lung if using demonstration in relation to e-cigarettes).

## Before starting activity ask the group:



- **Do any of you have asthma?**

*If someone does, ask them not to participate, but to come and be the time keeper for the activity.*

## Instructions:

1. Have students stand up and push in their chairs.
2. When I say go, instruct students to run/jog in place for **1 minute** while holding the straw in their hand.
3. Now stop and put the straw in your mouth, pinch your nose with one hand and breathe only through your mouth.
4. I want you to breathe like this for one minute. If you can't make it to one minute, please sit down when you take a breath through your nose or with your mouth open.
5. After one minute: Those who are left standing can take the straw out of your mouth and breathe normally.

## Ask students the following questions:

- How did that feel, did you feel panicky about getting enough air?

## Explain:

This is how people who have Emphysema feel especially if they start coughing. It gets harder and harder to catch their breath,

For all of you doing the exercise, you had a choice of when to start breathing normally, but as an emphysemic or someone with popcorn lung how would you like to breathe like this for 10-20 years?



# BUBBLE WRAP

This exercise will give you the full effect of how someone who has smoke related emphysema, breaths every day.

## Supplies:

Small 2in x 2in squares of bubble wrap for each student (*any size of bubble wrap will do*)

## Instructions:

### **1. Pass out the bubble wrap to each student**

*(Be sure to tell them not to pop any of the bubbles yet)*

### **2. Explain to students**

There are small air pockets in the lungs called alveoli. They help you move the oxygen out of the air you breathe and into your body.

When someone smokes the air becomes trapped in the alveoli, and begins to burst, because the chemicals in cigarettes, like tar, make them less able to let the air out.

The trapped air explodes the pockets and they are no longer able to help with breathing.

Hold up the square of bubble wrap.

The walls of your alveoli pop just like these bubbles. This disease is called emphysema, which causes long term smokers to slowly suffocate.

The bubble wrap you have in your hand represents your alveoli. Once you pop them, they no longer can expand and are no longer able to function.

### **3. Have students pop their bubbles!**



# Betcha Can't Eat Just One!

## The Power of Starbursts

To illustrate how cravings can be induced, and to explain the differences between wants and chemical addiction.

Just one starburst teases the taste buds and creates a sensation of want. Though not a perfect analogy, this exercise can serve as a spring board for discussing the concept of addiction with your class.

**Supplies:** Large bag of starbursts (enough for each student in the class to have 1)

**Directions:** Pass out 1 starburst to each student entering the room, instructing that students take only one starburst. Tell the students to eat the starburst, then ask the following questions:

- **How many of you would like another starburst?**
- **How do cravings for things like candy or potato chips differ from cravings for tobacco products?** (nicotine is a physically addictive drug)
- **How might your body react if you stopped eating starbursts today?**  
(no withdrawal symptoms)
- **How might your body react if you were addicted to nicotine and tried to stop using tobacco?** (This includes cigarettes, vape pens, cigars, and smokeless tobacco)

## Discuss withdrawal symptoms that people go through when they stop using tobacco:

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| • Restlessness                                 | • Upset stomach                             |
| • Eating more than usual                       | • Head aches, sweating                      |
| • Impatience                                   | • Insomnia (not being able to sleep)        |
| • Frustration, anger, difficulty concentrating | • Heart palpitations                        |
| • Depression, loss of energy/fatigue           | • Tremors                                   |
| • Dizziness                                    | • Having a strong urge to use tobacco again |

Tell the students that it would be pretty bad to have to go through any of these symptoms, but when you try to give up using nicotine, you may suffer through a combination of them.

**Ask:** "What are tobacco companies giving away when they offer free samples through the mail or multi-packs for the price of one?"

