

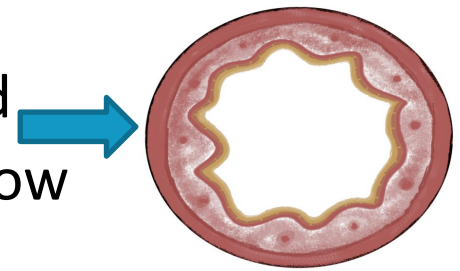
How it feels like to have an asthma attack

This experiment will show you what it feels like to have an asthma attack so you can understand how your friends with asthma feels.

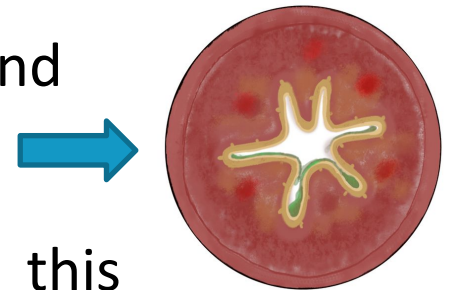
What you will need

- 1) A paper straw
- 2) Your self

We have lots of tubes in our lungs called airways this is a normal airway. This is how we breath in our oxygen.



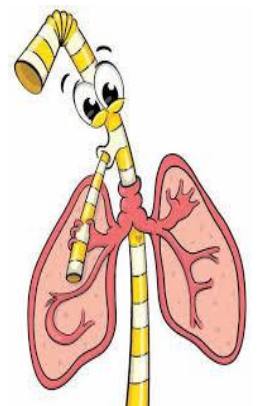
An asthmatic airways gets red swollen and smaller when in contact with a trigger.



1) Breath through the straw a few times this is how a normal airway feels.

2) Now pinch the straw and breath through the straw. This is how it feels to breath through red, swollen asthma airway.

3) Think of some words of how it feels.



Being crushed, elephant sitting on your chest, lungs shrunk to the size of a doll, hard to breath, tiring, wheeze, tired, scared, frightened., worried about being admitted to hospital.

