Hand out a plastic straw or plastic coffee stirrer to each student. Ask them to place the straws or coffee stirrers to their lips and to slowly breathe through them. Make sure that the students are only breathing through the tubes and not their noses.

Have the students breathe only through the straws for one minute. Ask them to discuss how they felt.

Explain that the lungs of a smoker do not work well because smoking narrows the airways. When they breathe through the straw, they can get an idea of what it would feel like to have narrow airways in their lungs.

**Options:**

- Make sure that students know that if they feel too uncomfortable that they should remove the straw.
- Have the students jog in place with the straws in their mouths to see how physical activity is affected by smoking.