

Section 3. How smoking and vaping hurt the body

Activity



Materials

- straws
- balloons

Healthy lungs

1. Ask for two volunteers to participate in an activity that shows how difficult it is to breathe when your lungs aren't healthy. This can be done in small groups in middle school classes.
2. Have one student blow up the balloon normally. Tell the other student to blow up a balloon, but through a straw. Have them note how much more difficult that is!
3. Describe asthma, COPD and/or lung cancer. Discuss the difficulties of breathing when you suffer from these illnesses and how you can take care of your lungs.