

Name \_\_\_\_\_

## The Breath-Holding Adventure: What Happens When We Hold Our Breath

### Open-Ended Response Questions

1. Reflect on a time when you held your breath during a swimming competition or a challenge with friends. How did your body react, and did you reach your breath-holding limit?
2. Discuss the importance of understanding your body's signals during breath-holding. Why is it essential to listen to what your body is telling you?
3. Imagine you are a scientist studying breath-holding. What experiments or tests would you conduct to learn more about the body's responses during this activity?
4. Share your thoughts on the balance between the fun and challenge of breath-holding and the importance of practicing it safely. How can individuals enjoy this activity without putting their health at risk?

