

Name _____

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

Open-Ended Response Questions

1. Answers may vary, but students can share personal experiences of breath-holding challenges, including their body's reactions and whether they reached their limit.
2. Understanding your body's signals during breath-holding is crucial to ensure safety. It is important to listen to your body and not push yourself too far to avoid potential health risks.
3. Students can brainstorm experiments or tests to study the body's responses during breath-holding, such as monitoring heart rate, oxygen levels, and carbon dioxide levels under controlled conditions.
4. Discuss the importance of enjoying breath-holding as a fun activity while emphasizing the need to practice it safely. Encourage responsible breath-holding practices to avoid potential risks to health.

