




















You Pick the Challenges...

Do Some Now...

Do Some Later...

The **Breathing Room!** handbook is divided into six parts: **Challenges 1–5** and **Have More Fun**. Each **Challenge** combines fun, hands-on investigations  and interesting facts that you'll really want to read  about. **Have More Fun** includes a mystery  and a game  that let you apply what you've learned. You can do the **Challenges** in any order. Decide what you are going to do first, and get started!

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