

Name: _____

Date: _____

Reading “How You Are Like a Sneezing Iguana”

1. Read and annotate the “How You Are Like a Sneezing Iguana” article.
2. Choose and mark annotations to discuss with your partner. Once you have discussed these annotations, mark them as discussed.
3. Now, choose and mark a question or connection, either one you already discussed or a different one that you would like to discuss with the class.
4. Answer the reflection question below.

Rate how successful you were at using Active Reading skills by responding to the following statement:

As I read, I paid attention to my own understanding and recorded my thoughts and questions.

- Never
- Almost never
- Sometimes
- Frequently/often
- All the time

Active Reading Guidelines

1. Think carefully about what you read. Pay attention to your own understanding.
2. As you read, annotate the text to make a record of your thinking. Highlight challenging words and add notes to record questions and make connections to your own experience.
3. Examine all visual representations carefully. Consider how they go together with the text.
4. After you read, discuss what you have read with others to help you better understand the text.

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Second Read of “How You Are Like a Sneezing Iguana”

Part 1

Reread paragraphs 2 and 3 of the article “How You Are Like a Sneezing Iguana.” As you read, highlight information that helps you explain why you breathe faster when you exercise. You will use that information to help you answer the questions in Part 2.

Part 2

A cyclist starts a race. As she pedals, she begins to breathe faster. Why?

How do the cyclist’s body systems work together as she breathes faster? You can add notes to the diagram below to explain your thinking.


