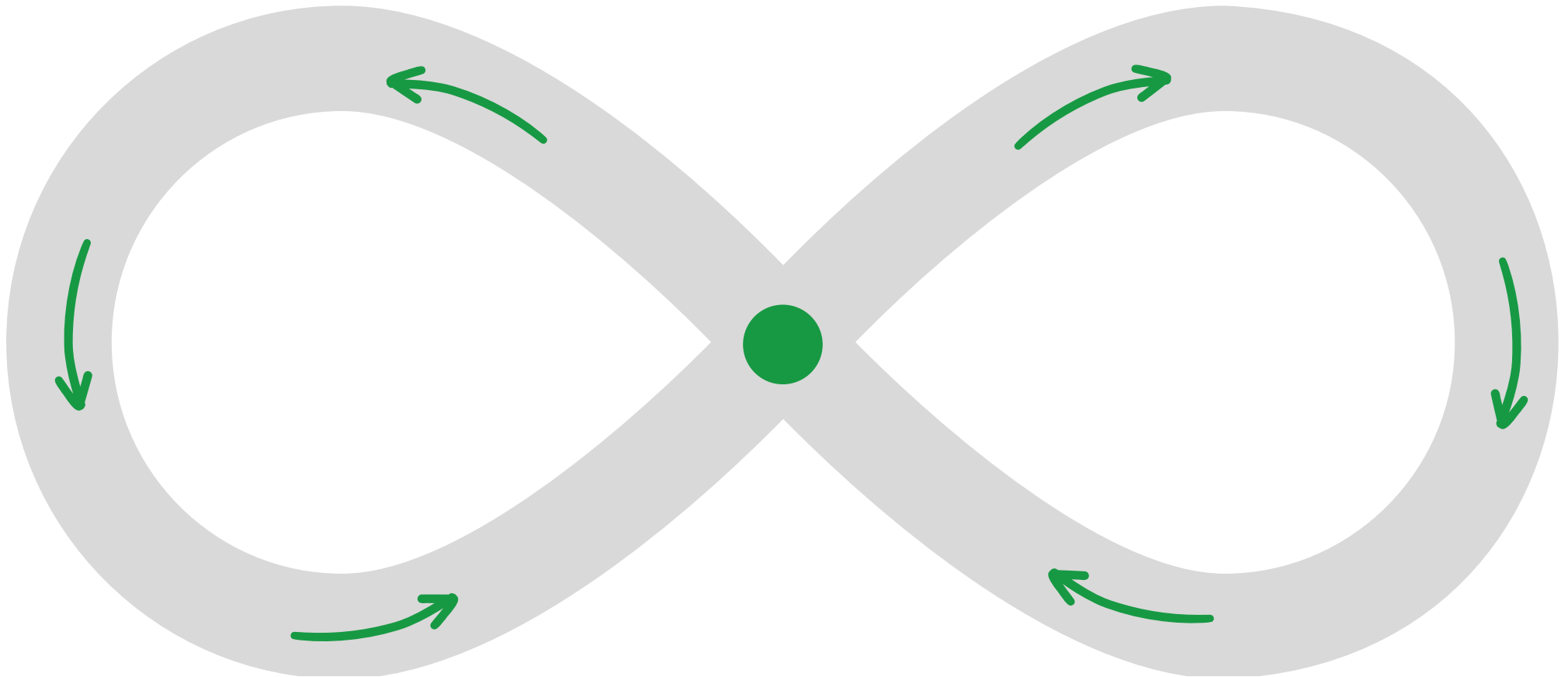
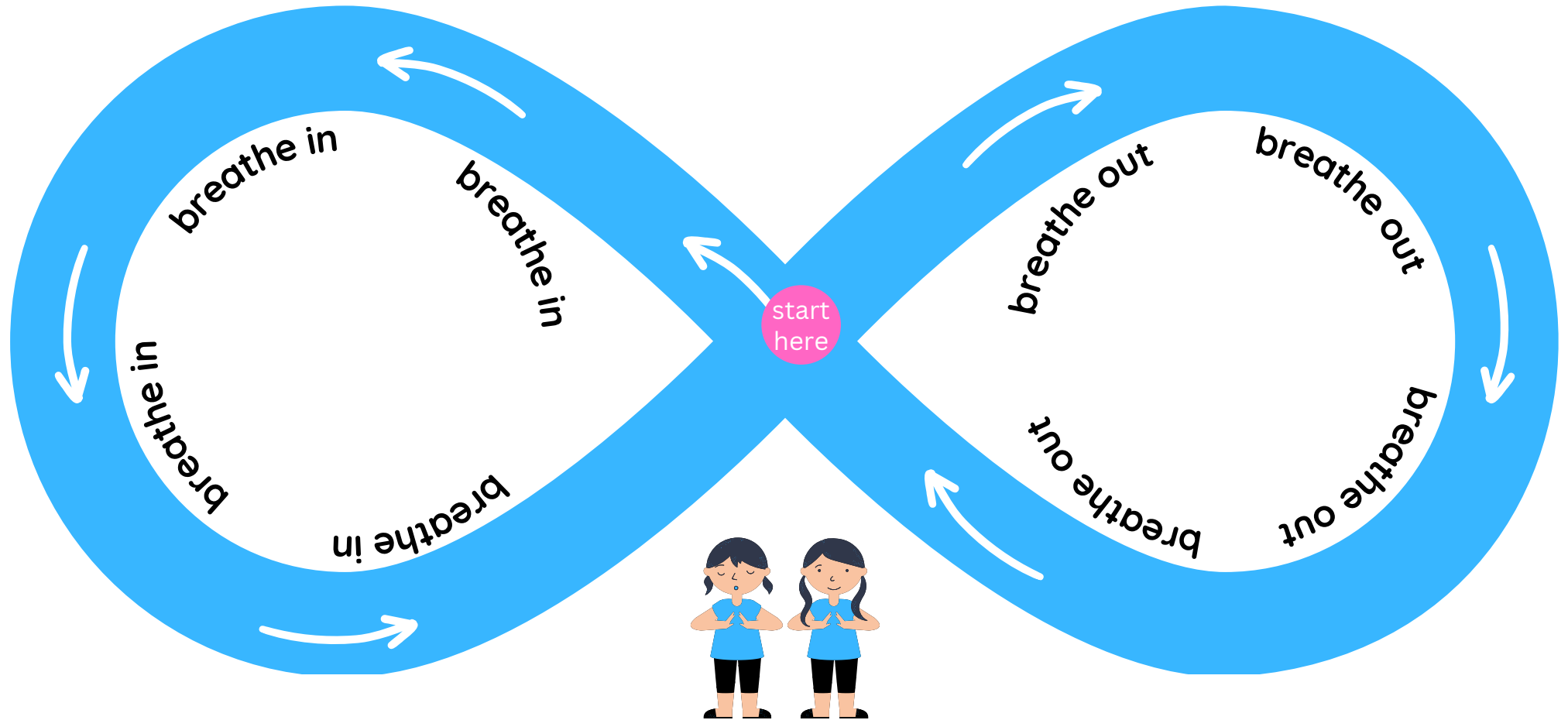


Lazy 8s



Start at the centre point and draw up the left and follow the lazy 8.
Try 30 seconds with one hand and then the other hand.
Try drawing lazy 8s in the air too!

Lazy 8s Breathing



Deep breathing can be a great tool to help children calm, relax their mind and body.
Start in the centre and use your finger to trace to the left slowly breathing in.
One back in the centre, trace right and breathe out slowly. Repeat until you are relaxed.