



Lazy 8 Breathing

- ♥ Put your finger in the air and place it at the top of the number eight
- ♥ Inhale slowly while drawing the number eight in the air
- ♥ Once you get back to the top, slowly exhale as you trace the number eight again.
- ♥ Great job! You just completed one deep breath!
- ♥ Repeat as many times as necessary

