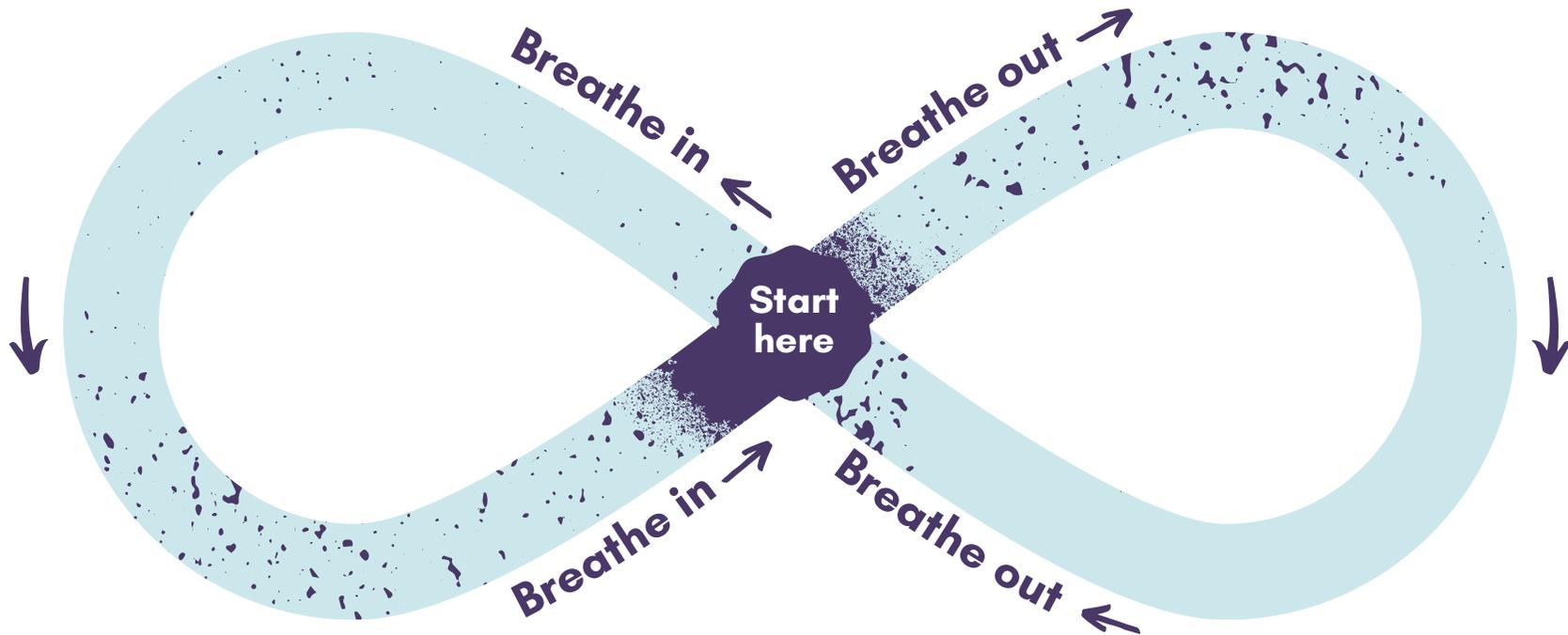


# LAZY 8 BREATHING

## BRAIN BREAK



Place your finger in the middle of the 8. Go up slowly to the left and trace the left part of the 8 while you breathe in. When you pass the middle of the 8 breathe out, as you trace the right part of the 8.

Repeat until you feel relaxed.