



# Lazy 8s

CALMING & REFOCUSING STRATEGIES

## HOW-TO DIRECTIONS

### Procedure

- Hold one foot forward and point your toe
- Imagine the number 8 laying on its side on the floor in front of your foot
- Begin tracing the number 8 with your toe
- Slowly breathe in as you draw one side of the 8
- Slowly breathe out when you get to the intersection and trace the other side of the 8
- Repeat for a set number of repetitions, amount of time, or until you are feeling calm and refocused

### Modifications

- Sit comfortably in a chair, on the floor, or stand
- Draw circles instead of 8s or use a finger instead of foot
- Try switching feet



VIRGINIA  
Chief Movement Officer

The word "fresh" is written in a bold, dark blue, lowercase sans-serif font. Above the letters, a cluster of small, multi-colored squares (red, blue, green, orange) is arranged in a pattern that suggests a splash or a burst of energy.

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