

Lazy 8s

CALMING & REFOCUSING STRATEGIES

LESSON PLAN

Purpose

Calming and Refocusing activities help students regain calm after exercise or high energy transitions and bring their attention back to their body by focusing on breathing and slow purposeful movement. The use of these strategies can aid in self-regulation, stress reduction, and attention refocus.

Materials

- Lazy 8's instructional video: [Elementary](#), [Middle](#), [High](#)

Procedure: *Instruct students to*

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

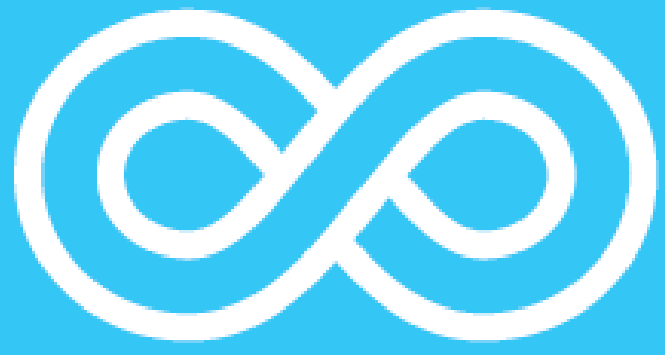
Modifications: *Students can*

- Sit 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

A graphic of a rainbow arch composed of small, multi-colored squares (red, orange, yellow, green, blue, purple) above the word "fresh" in a bold, dark blue, lowercase sans-serif font.
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CLASSROOM APPLICATION

Recommendations

- Provide printed copies of the Lazy 8 graphic included with the curriculum package. Tape the graphic to younger students' desks to help guide their tracing.
- Younger students may enjoy being prompted to pretend to dip their finger in imaginary "glitter paint" and "paint" the Figure 8 while visualizing how it looks.
- Older students may experience social anxiety practicing this strategy in front of peers. Provide guidance on modifying the strategy to include making the Figure 8 with their feet under a desk as this is more discrete.
- Older students recognize this image as an 'infinity sign' and as a result may relate well to the graphic.



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