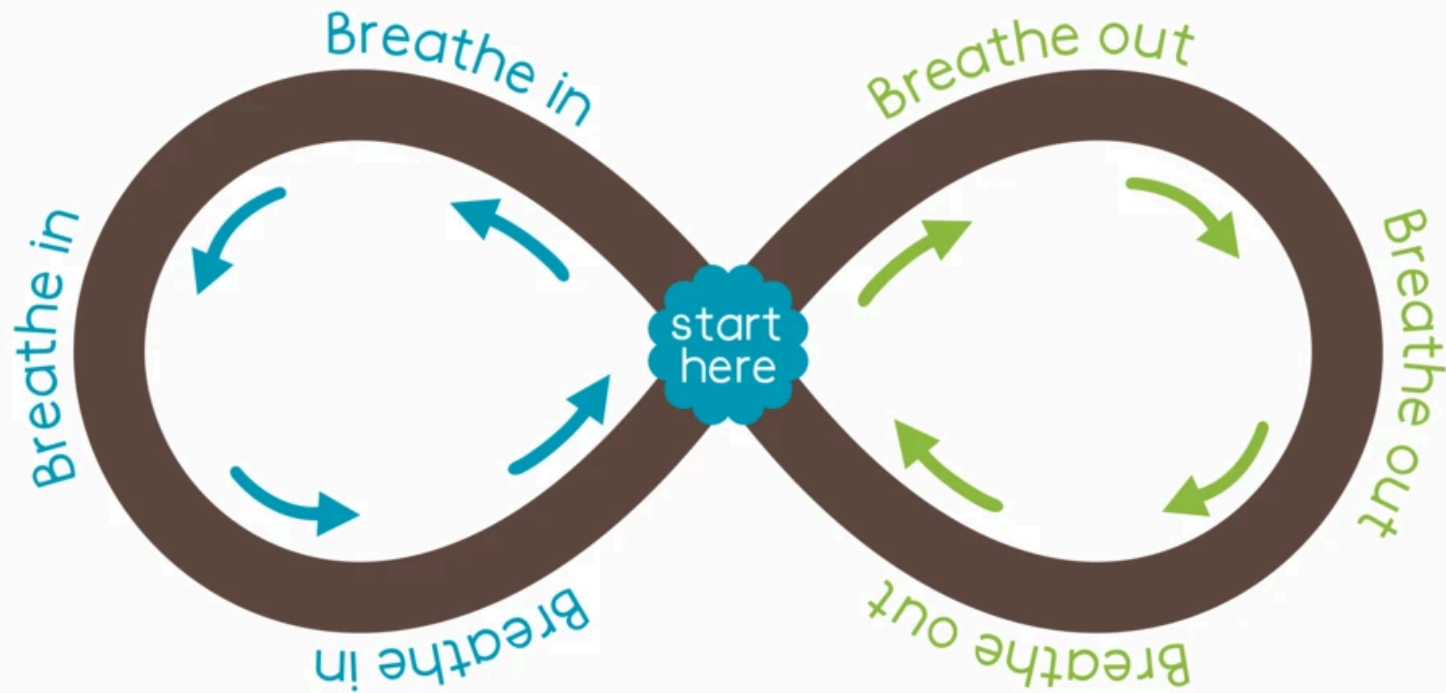


# Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



[www.copingskillsforkids.com](http://www.copingskillsforkids.com)

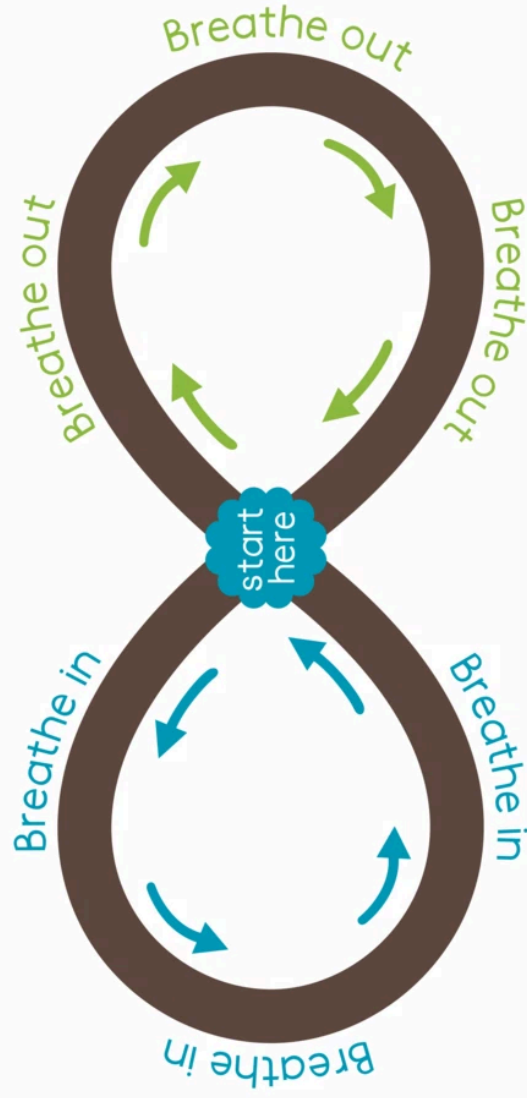
© 2016 Coping Skills for Kids

Do Lazy 8 breathing 3 times.

How can this help you calm down?

## Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.

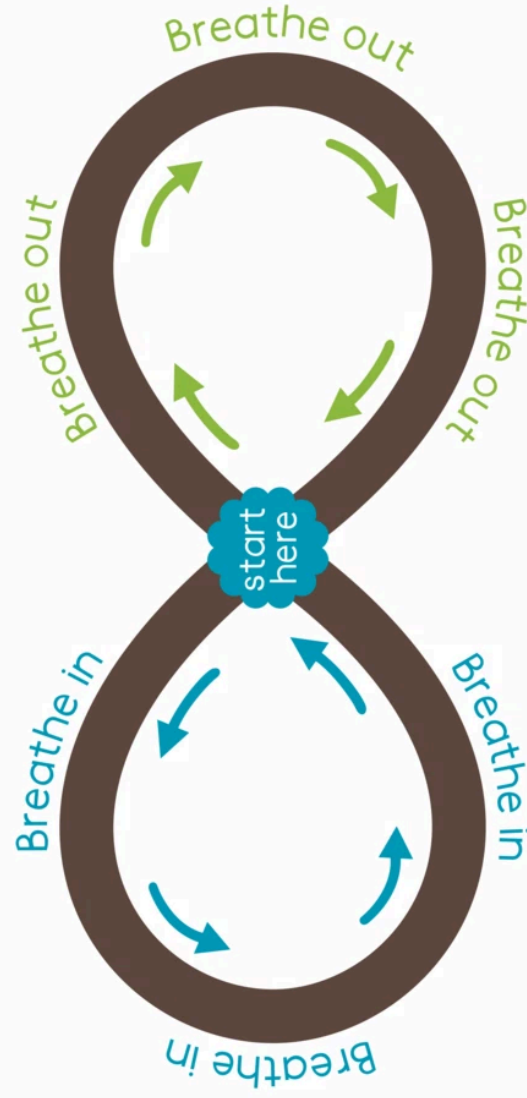


[www.copingskillsforkids.com](http://www.copingskillsforkids.com)

© 2016 Coping Skills for Kids

## Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.

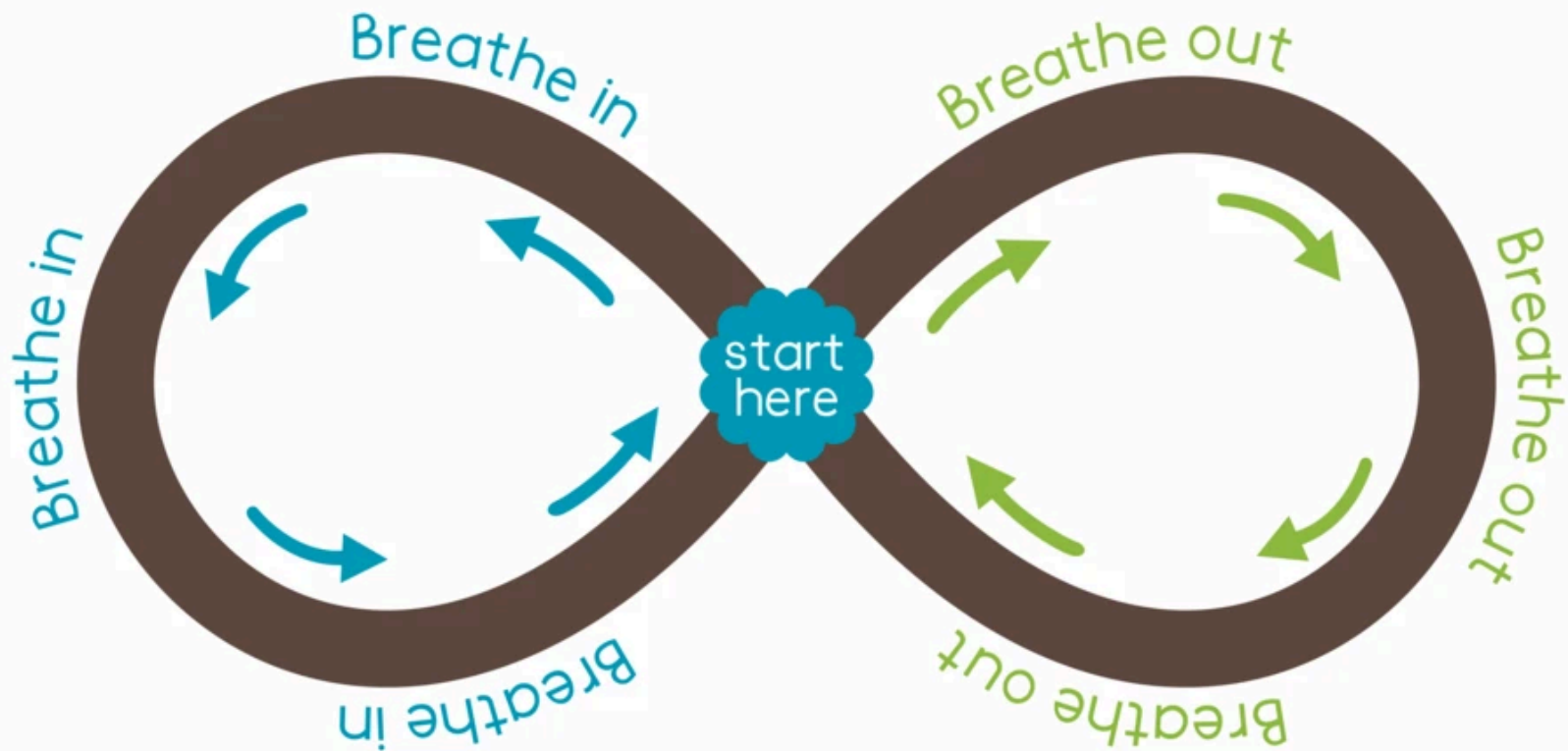


[www.copingskillsforkids.com](http://www.copingskillsforkids.com)

© 2016 Coping Skills for Kids

# Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



[www.copingskillsforkids.com](http://www.copingskillsforkids.com)

© 2016 Coping Skills for Kids