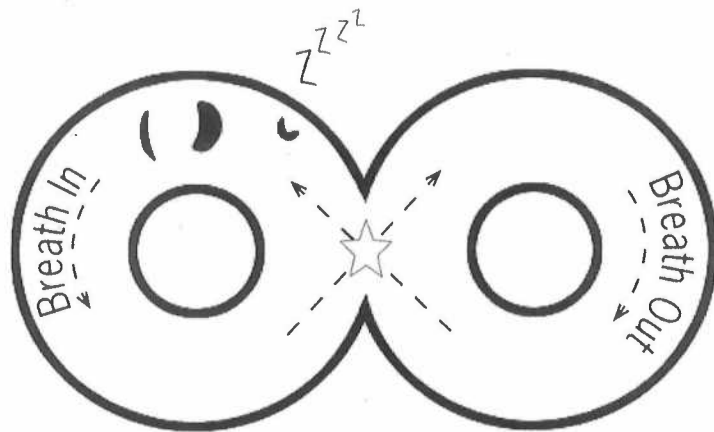


# Breathing Techniques

## ZONES of Regulation Lazy 8

### Breathing:

Trace the Lazy 8 with your finger starting at the star and take in a deep breath. As you cross over to the other side, let your breath out slowly. Continue breathing around the Lazy 8 until your body and mind are calm.



### Belly Breathing:

Step 1: Sit in a comfortable position. Step 2: Close your eyes. Step 3: Breathe in slowly and count to five. Step 4: Feel your belly fill up with air. Step 5: Breathe out slowly through your mouth.

### Belly Breathing with an Object

Step 1: Have your child lay down on their back and put a stuffed animal, or another object, on their belly. Step 2: Have them breathe in and move the stuffed animal up, then breathe out and move the stuffed animal back down.