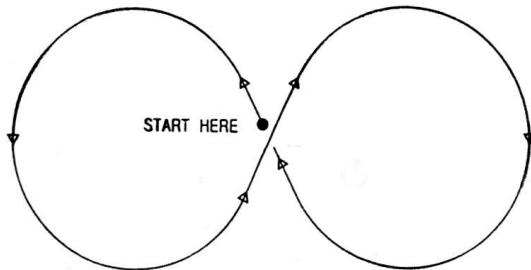


Lazy 8s

Brain Gym



Lazy 8s

Using their hand trace a lazy 8s shape. Repeat 3 times. Repeat with the other hand and then with both hands together.

Why Lazy 8s Works

Lazy 8s integrates the left and right visual fields, thus increasing left and right brain integration while switching on the eyes to work together. Many people report better binocular vision and increased peripheral vision after doing the Lazy 8s. Reading, writing and comprehension skills improve as the physical mechanics of these tasks become easier and the attention is freed for focused mental activity.

Lazy 8s

- Improves balance
- Improves concentration
- Improves centering, balance and coordination
- Relaxes eyes, neck and shoulders
- Improves vision
- Improves eye muscle coordination
- Enhances binocular and peripheral vision
- Improves depth perception