



Partial transcript of Lazy 8s Exercise from *Finding Your Voice with Dyslexia and Other SpLDs*, p277
This is a recording of the instructions in the published book, with a few extra spoken words linking the text; the extra words are excluded from the transcript.

Full length 2:21 mins

Sally speaking; Ginny demonstrating the movements

0:10

In these exercises you are drawing the figure 8 on its side, as if lying down ∞ , hence the name. You start the movement upwards from the middle. I do one of them when stuck with thinking. The following are different ways of drawing Lazy 8s:

0:41

Put your hands together at arm's length in front of you; draw ∞ out in front of you, sweeping from one side of your body to the other. And complete the figure several times.

1:00

Move your eyes in ∞ , covering the full range of possible movement, again several times.

1:17

Version 2 can be done invisibly, so it is the one I use mid conversation or in a lecture when I'm finding it really hard to follow what is being said.

1:30

Put your cheek on your shoulder as you stretch one arm out in front of you, to the finger tips; bend your knees and move your whole torso as your finger draws ∞ in the air several times; and then repeat with the other arm.