

BRAIN GYM PACE EXERCISES

Positive, Active, Clear and Energetic

PACE exercises are a learning readiness sequence that is usually done to effectively prepare a student for learning. Perform at the beginning of the school day, after recess, after lunch and before academics as needed.

* **DRINK WATER (Energetic)** As Carla Hannaford, author of *Smart Moves: Why Learning is Not All in Your Head*, says, "Water comprises more of the brain (with estimates of 90%) than of any other organ of the body." Drinking water is very important everyday and before any stressful situation such as tests!

* **BRAIN BUTTONS (Clear)** This exercise helps improve blood flow to the brain to "switch on" the entire brain that helps improve concentration skills required for reading, writing, etc.

1. Put one hand so that there is as wide a space as possible between the thumb and index finger. Place your index and thumb into the slight indentations below the collarbone on each side of the sternum. Massage lightly for 30 – 60 seconds.
2. At the same time put the other hand over the navel or belly button.
3. Now reverse hands and repeat.


* **CROSS CRAWL (Active)** - helps coordinate the right and left brain together. Is useful for spelling, writing, listening, reading and comprehension. The Cross Crawl can be done standing or sitting.

1. Put the right hand across the body to the left knee as you raise the left knee as if you were marching in place.
2. Now put your left hand across the body to the right knee as you raise the right knee as if you were marching in place. Repeat both exercises 20 Xs.

* **HOOK UPS (Positive)** This works well for nerves before a test or special event such as an assembly or giving a speech. Any situation which will cause nervousness calls for a few "hook ups" to calm the mind and improve concentration. Hook-ups can be done sitting, standing or lying down.


1. Cross the left ankle over the right ankle.
2. Extend arms in front of you, left wrist over the right and both thumbs down, palms together.
3. Interlace fingers and draw hands close to chest, elbows down.
4. Breathe evenly in this position for 1-2 minutes. You will be noticeably calmer after that time. (Can say "smell the flower, blow out the candle" to help kids who have a hard time with controlling their breathing)
5. Unhook feet and hands and place fingertips together and feet flat on the floor for a few seconds. This has a calming and stress-relieving effect.

Hook-ups




P = Positive

Cross Crawl



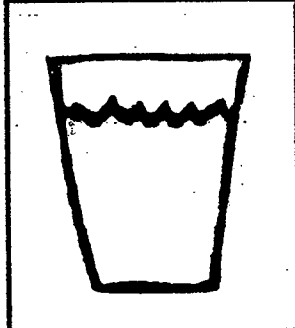
A = Active

Brain Buttons




C = Clear

Water



E = Energetic



Climb Your
PACE Ladder

