

Get READY & RELAXED!

P.A.C.E. (Positive, Active, Clear and Energetic) is a four-step Brain Gym® warm-up that can be done in less than four minutes. Starting with water to energize the neurological system, the activities work together to create a calm, balanced and focused system for new learning and optimal performance. Do PACE before beginning tasks or in any challenging situation.

P.

Positive



Water

- ◆ Drinking water is essential for nerve function. It increases the electrical potential across cell membranes, thereby making them ready to work.
- ◆ All of the electrical and chemical actions of the brain and central nervous system are dependent on water for conductivity.
- ◆ So drink up!!

A.

Active



Brain Buttons

- ◆ With the thumb and forefinger of one hand, massage the soft spots below the collarbones, just to the left and right sides of the sternum. Place the other hand on the belly.
- ◆ Massage for around 20-60 seconds, switching hands, if desired.
- ◆ This activity improves overall electromagnetic activity in the brain and body.

C.

Clear



The Cross Crawl

- ◆ Move one arm and its opposite leg to meet at the midline, then the other arm and its opposite leg, similar to marching in place with the elbows or hands touching the opposite knees as they rise.
- ◆ Cross Crawl around 30-60 seconds.
- ◆ The Cross Crawl activates the brain for crossing the visual/kinesthetic/auditory/tactile midline, helping with coordination and communication of the brain and body.

E.

Energetic



Hook-Ups

- ◆ Extend both arms straight in front of you. Thumbs down, cross the wrists, lace your fingers and tuck your hands up to rest on your chest.
- ◆ Next, cross one leg over your other leg. As you stand or sit in this relaxed position, gently rest your tongue on the roof of your mouth.
- ◆ Breathe slowly and deeply, until you shift into a more relaxed state. Switch sides, if desired.
- ◆ End by uncrossing the arms and legs, bringing the fingertips to touch each other. Continue with slow breathing until fully relaxed.