

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 before any stressful situation such as tests! As we tend to perspire under stress, de-hydration can effect our concentration negatively.

* **"Brain Buttons" (Clear)**

This exercise helps improve blood flow to the brain to "switch on" the entire brain which helps improve concentration skills required for reading, writing, etc.

- 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 collar bone on each side of the sternum. Massage lightly for 30 – 60 seconds.
- At the same time put the other hand over the navel or belly button.

* **"Cross Crawl" (Active)**

This exercise helps coordinate the right and left brain together. It is useful for spelling, writing, listening, reading and comprehension. The Cross Crawl can be done standing or sitting.

- Put the right hand across the body to the left knee as you raise the left knee as if you were marching in place. Do this 20 times.
- 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. Do this 20 times.

* **"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.

- Cross the left ankle over the right ankle.
- Extend arms in front of you, left wrist over the right and both thumbs down, palms together.
- Interlace fingers and draw hands close to chest, elbows down.
- Keep the ankles crossed and the wrists crossed and then breathe evenly in this position for 1-2 minutes. You will be noticeably calmer after that time. (Can say "smell the flower, gently blow out the candle" to help kids who have a hard time with controlling their breathing)
- 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.

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are needed to see this picture.