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## P.A.C.E.—Two-Minute Brain Tune-Up

Adapted from Brain Gym®, with additional information from the work of Carla Hannaford, PhD, and Victoria Tennant, MEd

### Water—Drink to feel energetic.

When we are well hydrated our thoughts flow more effectively and we are more energetic. This is because water is an essential conductor of electrical transmission in the brain. Drink at least one ounce of water for each three pounds of body weight per day. Double in times of stress, heat, or vigorous exercise. It is best to sip water throughout the day, except during or near mealtimes.

*P.A.C.E. (Positive, Active, Clear, Energetic) is a two-minute brain tune-up for learning readiness and stress release.*

### Brain Buttons—Wake up the brain and feel balanced, clear and alert.

Placing the hand over the navel can stimulate the brain to receive incoming sensory information. Massaging under the collarbone and next to the sternum activates the K27 acupuncture points, considered key points for the entire meridian system. It is thought that rubbing Brain Buttons increases electromagnetic energy to the brain and also diffuses negative emotions, especially fear.

### Cross Crawl—Activate your whole brain.

Cross-lateral movements require both sides of the brain to work together. By cross crawling we strengthen our brain's ability to communicate via the corpus callosum, the neural bridge between the left and right sides of the brain. Communication between left and right sides of the brain is essential for coordination of movement, higher-level thinking, creativity, imagination, communication, reading and math.

### Hook-Ups—Be calm, feel peaceful and positive.

Hook-Ups are a quick and effective stress-buster. Hook-Ups help us to be calm and have access to our brain's executive functions. Putting the body in the Hook-Ups position requires the brain to shift activity from its survival centers to the thinking centers in the frontal lobes. This position integrates the brain by activating sensory, motor, limbic and vestibular centers for more coherence, balance, calm and focus. Do hook-ups in sitting or supine for individuals who have difficulty balancing while standing.

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**BRAIN AND SENSORY FOUNDATIONS: FIRST LEVEL**

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# 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

## A.

Active

## C.

Clear

## E.

Energetic



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!!



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.



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.



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.

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