

# Brain Gym

2011

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# PACE

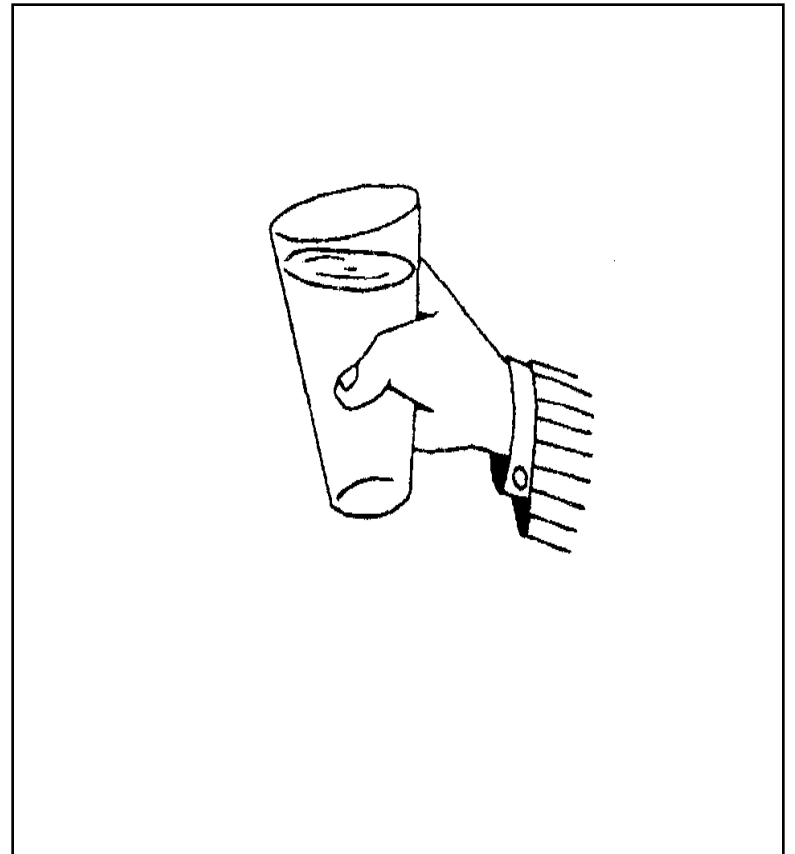
Positive  
Active  
Clear  
Energetic

PACE is a three minute exercise in Brain Gym to energize and open neural networks. It has 4 components which are done in the reverse order of the letters. My goal is participants stay calm and focused.



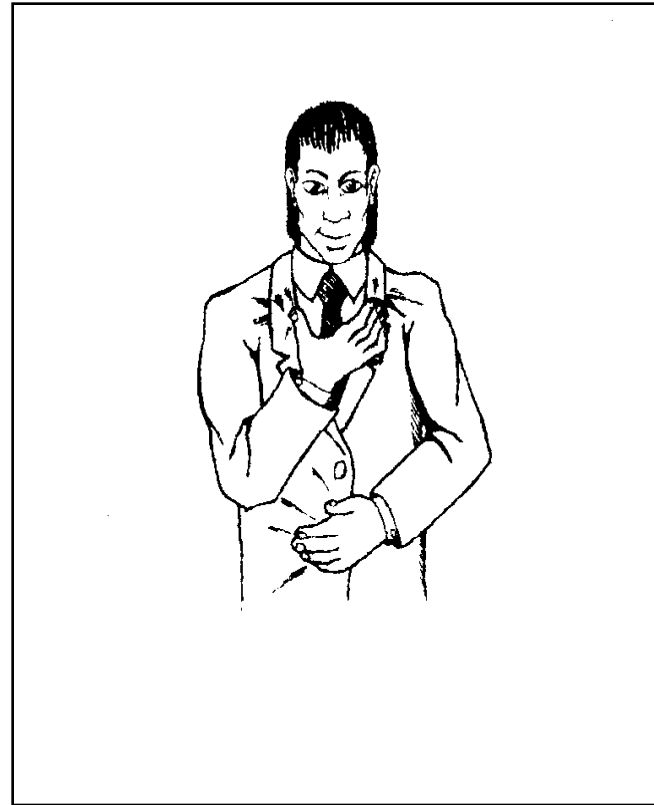
# E - Energy

- The body's energy is conducted through water. The first step is to drink plenty of water.



# Clear

Place your left hand over your navel. Place the thumb and middle finger of your right hand on the indentations just below your collar bone and gently massage while breathing slowly. This area is just over the carotid arteries which supply oxygen to the brain. After 30 seconds reverse your hands and continue another 30 seconds.



# Activate

- Activate the neural networks by cross walking. As you lift your left knee swing your right arm over the midline and touch the left knee. Then lift your right knee and swing your left arm over to touch the knee. Do for 30 Seconds



# Positive

- A) Place your hands in front of you, hands back to back, thumbs down and cross them with the palms of the hands facing each other. As you clasp them together, bring them under and toward your chest. Cross your right foot over your left. Breathe in tongue on the roof of the mouth.
- B) Uncross legs and put fingertips together, breathing deeply, bring your attention to your fingers ,when each one of them tingling, take your hands apart .



# Conclusion

- Brain Gym uses a variety of activities, postures and patterns to help SWITCH on the brain ready for learning.
- This can be in the form of specific exercises, movement to music, songs, sporting activities, general play, ball games, gymnastics, drama, art, yoga, p.m.p, fitness track, the list is only limited by your imagination – what ever works for the child or your class.