


PACE

- 
4. Hook-ups
 3. The Cross Crawl
 2. Brain Buttons
 1. Sipping Water

Start here and work your way up...

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Find your PACE



The Cross Crawl

ACTIVE



Part I



Part II

Hook-ups

POSITIVE



Brain Buttons

CLEAR



Sipping Water

© Paul E Dennison and Gail E Dennison

PACE Explained

The activities are like building a tower with blocks—each activity prepares one to move onto the next activity. The pace acronym stands for Positive, Active, Clear and Energetic; it is a reminder to honor the individuality of each person. Below is a summary of Paul and Gail Dennison's theory found in the Brain Gym® 101 Handbook (Edu-Kinesthetics, Inc, 2007) and Brain Gym® Teacher Edition (Edu-Kinesthetics, Inc, 2010).

Energetic - Sipping Water helps to restore hydration and prepares us to benefit from doing Brain Buttons.

Clear - Make a “U” shape with one hand and place your thumb and index finger in the small depressions just below your collarbone on either side of the breastbone. Place other hand over the navel. Move eyes slowly to the left and right along a horizontal line. Change hands.

WHY? Rubbing Brain Buttons is like a mini balance for crossing the midline. By moving our eyes right and left into the periphery while holding points in the kinesthetic midfield, we restore our centralized vision by satisfying the scanning-reflex impulse to look away from the midline. The Brain Buttons activity also offers a primary vertical and horizontal reference in terms of the breastbone and collarbone of the skeletal system, helping us to find our visual center (the foundation of binocularity). Doing Brain Buttons prepares us to benefit from doing the Cross Crawl, which requires our crossing the midline.

Active - Bring one leg and opposite arm together. Then bring the other leg and its opposite arm together. Repeat rhythmically for about one minute.

WHY? Doing the Cross Crawl movement simultaneously activates both sides of the body, firing neural pathways in the left and right cerebral hemispheres. The motion helps to stabilize the pelvis, while mobilizing and stabilizing the shoulders. This stable and coordinated gross-motor activity provides a comfortable movement pattern that we can maintain as we later sit and do tasks involving fine-motor control. Doing the Cross Crawl prepares us to benefit from doing Hook-ups, which requires our having moved and released tension so that we can slow down and relax. PACE moves us from the whole-body activity of the Cross Crawl to the whole-body relaxation of Hook-ups.

Positive – Part 1: Cross your ankles. Thumbs down, cross hands, clasp, roll hands down and up. Breathe deeply allowing the tongue to raise and lower with your breath. Part 2: Uncross ankles and arms. With feet flat on the floor allow the fingertips to touch while continuing to breathe deeply.

WHY? Doing Part I of Hook-ups supports restoring equilibrium after emotional or environmental stress. Physiologically, it brings us back to the body's midfield, inhibiting reflexive behavior and supporting higher-order thinking and decision making. Part II of Hook-ups offers a physical metaphor for the connection of the cerebral hemispheres through the corpus callosum.