

PACE and Eleven Sentences

Kathy Brown, M.Ed.

I recently presented a one-hour introductory workshop for an elementary school where I taught a bit about Brain Gym®, as well as the three-minute Brain Gym warmup known as “PACE”. The principal of the school emailed me with her thanks two days later, sending along this email she’d just received from one of the participants in the workshop:

I really enjoyed the Brain Gym seminar yesterday! I find it extremely interesting! I tried PACE with my students today, and had amazing results! I have a little boy in my class who is having a terrible time in spelling. He is below grade level in reading and just struggles with academics. Today we wrote letters to the Star Student and he turned in a letter that was amazing! He usually writes a couple of sentences and I can barely read them because the spelling is so bad.

But, today he turned in a letter that had eleven sentences. Every word was spelled correctly (he said he had help on a few words), and his handwriting was much neater. He came up to me after Writer's Workshop and said, 'Mrs. Carpenter, why do you think that I was able to write such a good letter? I just kept writing and writing. I never write that much.' I said, 'It's because your brain was turned on all the way. Didn't it feel good to have it turned on?' His eyes lit up and he smiled as he said, 'Yeah!'

If we have an opportunity to attend another seminar, I would love it!

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Kathy Brown's 2012 Book covers topics like this and many more.
Educate Your Brain: use mind-body balance to learn faster, work smarter and move more easily through life.
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