

# PACE – The Brain Gym® “Warm-Up”

Positive, Active, Clear, Energetic

**P** Do you feel **Positive** toward yourself, your feelings, and situations in the present moment? Sit in the Hook-ups posture!

Part One: Cross your ankles. Hold your hands out in front of you, thumbs down. Cross your wrists, so your palms are facing each other. Gently interlock your fingers and draw your hands down and in toward your chest, resting them there. Optional: As you inhale, place the tip of your tongue against the roof of your mouth, and relax your tongue as you exhale.

Part Two: Uncross your arms and legs. Lightly join the fingertips of both hands together, as though enclosing a ball.



**A** Is your brain fully **Active**? Do some Cross Crawl!

Standing, “march” very slowly in place, alternately touching your hand or elbow to the opposite knee. This movement can also be done sitting or lying down.



**C** Are you thinking **Clearly**? Rub your Brain Buttons!

Rest one hand over your navel. With the thumb and fingers of the other hand, feel for the two hollow areas under the collarbone about one inch either side of the center of the chest, where the collarbones meet the sternum. Rub these areas with medium pressure for thirty seconds to one minute, switching hands halfway through.



**E** Do you feel **Energetic**? Sip some Water!

Take frequent sips of good-quality water throughout the course of each day. We all benefit from drinking sufficient water throughout the day, and need even more in times of stress. Consuming caffeinated drinks, exercise, dry climates, and refrigerated or heated air all are dehydrating to the body, and will add even more to your body’s need for water.



**Do these movements in “bottom-to-top” order:**

**Water, Brain Buttons, Cross Crawl, Hook-ups.**

**They build on each other when done this way, and the effect is enhanced.**

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