



PACE Brain Gym®

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Unlocking Your Potential

- PACE is a sequence of actions that prepare the brain and body for whole brain learning.
- Do PACE anytime the brain and body needs to be awake, balanced, or integrated before a new task-activity. Best to do first thing in the morning and can be done throughout the day as many times as the system needs a reset.
- PACE sets the stage, preparing the mind and body to connect & allowing information-sensory input to easily flow into an integrated system.

Step 1: Drink Water (Energetic)

- Take a sip of water, hold in your mouth while taking a deep breath, exhale through nose and then swallow.

It turns out that your brain is comprised of approximately 90% water. Drinking purified spring water throughout the day is good way to keep your system hydrated. A hydrated system ensures focus, memory and cognitive thinking skills are strong and effective.



Step 3: "The Cross Crawl" (Active)

- Touch the right hand to the left knee. Repeat touching the left hand to the right knee. Continue this in any variation (elbow to opposite knee, touching the opposite foot in front or behind)



This midline crossing movement connects the right and left sides of the brain, increases sensory processing skills, strengthens the corpus callosum (bundle of nerves that connects both sides of the brain) making communication between the two hemispheres faster and more efficient. It is best to do this movement slowly and mindfully to better develop fine motor control and balance. Note, this may be challenging at first to do slowly.

Step 2: "Brain Buttons" (Clear)

- Place one hand over the belly-button.
- Place the thumb and middle finger of the other hand just below your collarbone to the two natural indentations. Gently rub these two indentations.

Placing the hand on the belly-button, brings an awareness to the gravitational center of the body- the core and more clarity to the brain.



Step 4: Brain "Hook Ups" Part 1 and 2 (Positive)

Part 1:

- Cross one foot over the other, stick arms straight out in front, direct thumbs to the ground, cross arms, interlace hands and then pull them into chest.
- Gently touch the tongue to the roof of the mouth.



This movement has a very similar effect as the Cross Crawl. It activates the motor and sensory areas of the brain. Placing the tongue on the roof of the mouth activates the tongue ligaments which are connected to the vestibular system which affects focus and balance. Because this movement activates and connects so many parts of the brain at once, it is a very effective tool to redirect the baby brain (Pons) back to the cortex.

Part 2:

- Uncross legs and arms
- Touch your fingertips together in front of your chest