

The Brain Gym® “PACE” Warm-up

1 - Water



2 - Brain Buttons



3 - The Cross Crawl



4 - Hook-ups

Positive ~ Hook-ups
Active ~ The Cross Crawl
Clear ~ Brain Buttons
Energetic ~ Sipping Water

Start with Sipping Water and step up into PACE

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This Poster accompanies Kathy Brown's book Educate Your Brain - www.EducateYourBrain.com - Poster format ©Kathy Brown 2010