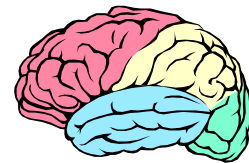


OPTIONS CENTER EDUCATION TOPIC



PACE Part IV: Cross Crawl

*The following is the **fourth** in a series of articles about getting ready to learn through a process called PACE. To check for PACE, notice the four elements important to whole brain learning: a **Positive** attitude, **Active** participation, **Clear** focus of attention and an **Energizing** motivation or goal.*

Are there times when your brain is just not responding? Do you have poor coordination, keep tripping, bumping into things? Do you feel you're thinking too slowly, only working at half speed? Are your eyes not working together, your vision blurred? Need to move around, feel sluggish?

Cross Crawling gets both eyes working together and enhances coordination and spatial awareness. It improves vision and hearing as well as breathing and fitness. It activates the brain for crossing the visual, auditory, kinesthetic and tactile midline, improving left to right eye movements and binocular (both eyes together) vision.

Cross crawl also helps with such academic skills as spelling, writing, listening, reading, and comprehension.

Cross crawl is a reciprocal torque exercise in which the student alternates moving one arm and the opposite leg. The exercise activates both brain hemispheres simultaneously and is potentially the best warm up for all skills which require crossing the midline. Water and brain buttons before cross crawling help prepare the body and brain to respond.

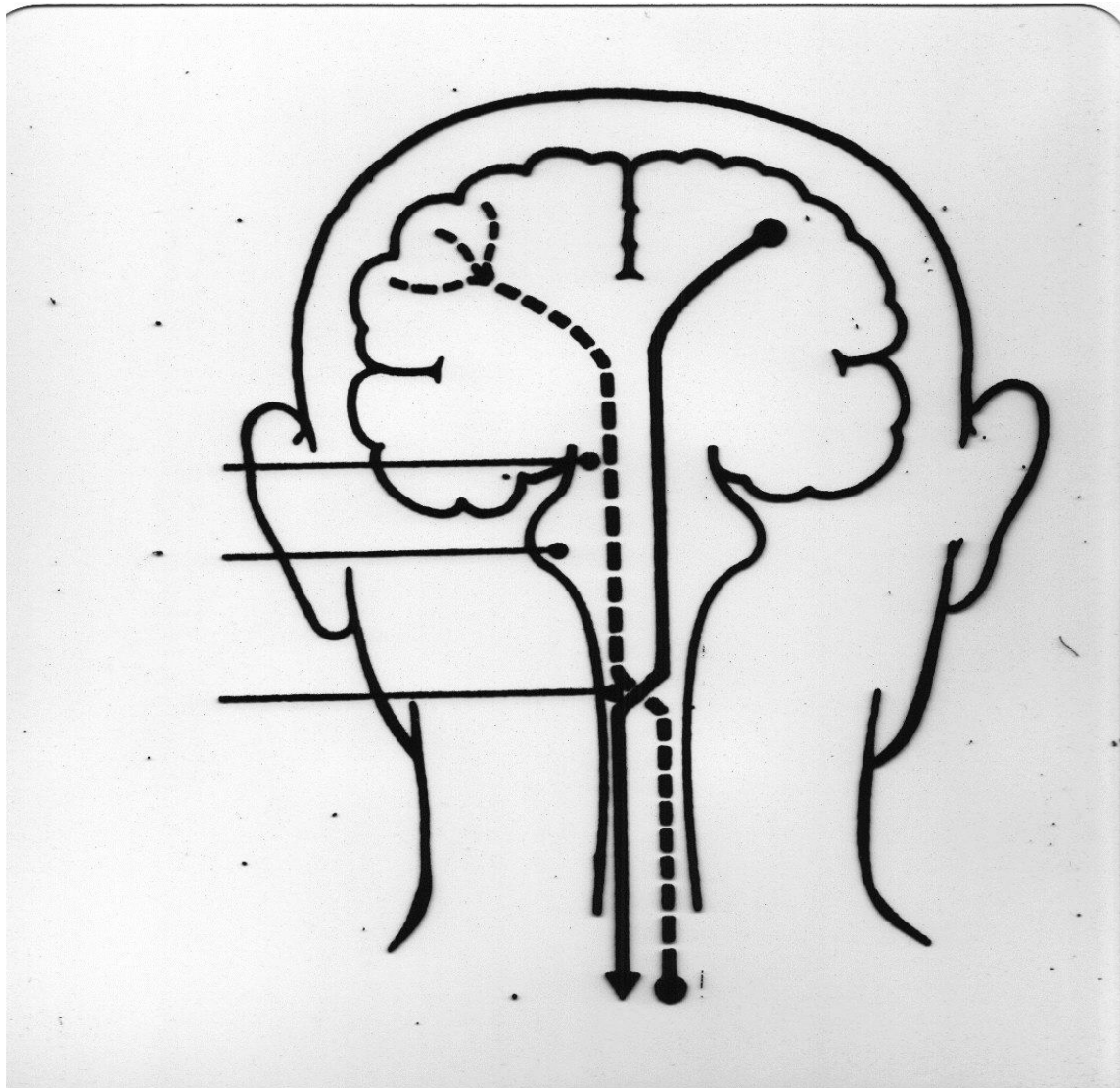


PROCEDURE:

While sitting or standing, lift one leg and touch knee with opposite hand. Repeat with other leg and its opposite hand in rhythmic cadence, back and forth. Variations – (1) While standing, touch hand to opposite foot behind the body; alternate feet back and forth. (2) Move arms up and back across body vigorously, exploring the full range of motion in different directions while “marching” in place.

The exercise has a number of variations: Move arms up and back vigorously, exploring full range motion in different directions; reach behind the body and touch the opposite foot; do a slow cross crawl, reaching to bring opposite arm and leg to their full extension; do cross crawl to a variety of music and rhythms; skip or bounce between each cross crawl; cross crawl as you sit; or cross crawl with your eyes closed. Do at least one variation stretching the arms and legs to integrate the front and back of the brain.

Source: *Alternative Health Care: Space Age Interpretations of Age-Old Truths*, pg. 141.



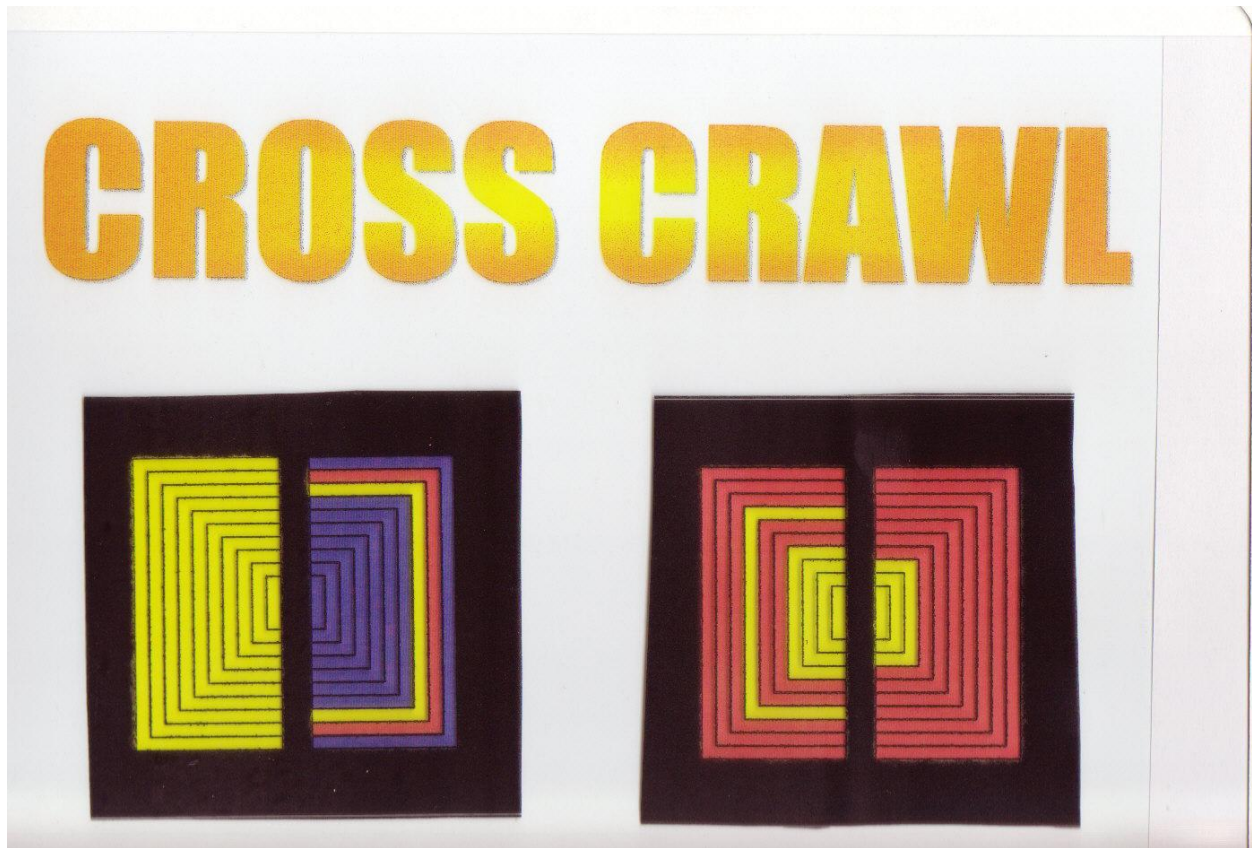
Source: Unknown

There is a woman in Canada by the name of Sue Maes who has a machine that with EEG and a computer is able to monitor the changes in the brain wave as her students/clients do Brain Gym®. For more information on her machine, look at Education Topic, Part I-Water, pg 4.

These graphs are of two different people. Note how Person A got into Beta [blue] but only on the left side of the brain. Sue says, "This means the right side of their body is really focused and the left side of the body is just going along for the ride."

The following graph shows the crossing over of a nerve impulse from one brain to the opposite side of the body which occurs in the brain stem. This is the brain stem in action. Note the crossing in the medulla.

Person B: The first three seconds is Theta [yellow] which represents a sleepy state, and then Person B goes into Alpha which [red] produces calmness and a place where he/she can visualize. When a person is in Alpha it means he/she is changing his/her mental picture, but not getting into the physical awareness.



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RIGHT BRAIN

LEFT BRAIN

RIGHT BRAIN

LEFT BRAIN

PERSON A

PERSON B

BetaOuter	Conscious Mind	Action	Time/ Space
SMR	Between Outer/Inner	Sleep/Thought	Between Time/Space
Alpha	Inner Conscious Mind	Sleep/Thought	No Time/Space - ESP
Theta	Inner Conscious Mind	Sleep/Thought	
Delta	Sleep		Unconscious Sleep

In summary, P.A.C.E. is an acronym for the five movements that prepare us for new learning -
 - to become Positive, Active, Clear, and Energized.

In the Education Topic, PACE, Part V, the fifth part of P.A.C.E., Hook-ups will be discussed in detail. Again, PACE is PREPARATION FOR LEARNING!

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