



OPTIONS CENTER EDUCATION TOPIC



What is P.A.C.E. and Why do we do it every session?

P.A.C.E. is an acronym standing for: P = Positive attitudes, A = Actively participating, C = Clear focus of attention, E = Energizing motivation or goal. We do specific exercises for each letter, starting with the "E" and then going in reverse order. We begin by energizing with water. Then we do Brain Buttons and Balance Buttons* for the "C." All three of these first exercises help integrate the top and bottom of the brain. Next comes Cross Crawl for the "A." Cross Crawl helps integrate the right and left sides of the brain. If a cross crawl is done while stretching the arms and legs, it also integrates the front and back of the brain. Finally, Hook-ups is done to stimulate the top and bottom of the brain and is done for the "P."

As a result of doing the five exercises, the three dimensions of the brain are stimulated and integrated. Also, the eyes are switched on with the Brain Buttons, the ears are switched on with the Balance Buttons and the body is switched on with the Cross Crawl.

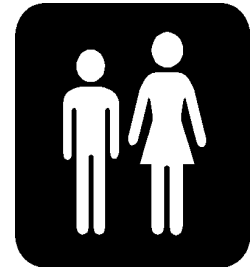
P.A.C.E. is considered "Preparation for Learning." And indeed it is. It can only take a few minutes. I recommend that it be done at a minimum of three times a day. For example, the beginning of the day, before homework, and in the evening.

When "in P.A.C.E." the student is relaxed, focused, comfortable, and motivated -- ready for active learning to take place. By doing P.A.C.E. at the

beginning of every Brain Gym® session and every day at home, the student will begin to be able to relax and focus easily. Also, by being more focused, stress-free, and motivated, what the student learns can be processed by the brain easily, and therefore the student will have a more positive attitude toward learning.

The following five newsletters will cover each Brain Gym® exercise of P.A.C.E. in detail. We see that P.A.C.E. is a series of exercises that prepare all our senses and body for learning.

*I've included Balance Buttons in P.A.C.E. specifically for switching on the ears.



BIBLIOGRAPHY:

- Cox, Helen K. and Blaine Patino, *Alternative Health Care, Space Age Interpretations of Age-Old Truths*, M. Press. 1994.
- Dennison, Paul and Dennison, Gail. *Brain Gym® Teacher's Edition*. Ventura, CA: Edu-Kinesthetics, Inc. 1989.
- Dennison, Paul and Hargrove, Gail. *Personalized Whole Brain Integration*. Ventura, CA: Edu-Kinesthetics, Inc. 1989.
- Dennison, Paul. *Switching On*. Ventura, CA: Edu-Kinesthetics, Inc. 1981.

Options Center for Health and Education, Inc.

4316 N. Prospect Road
Peoria Heights, IL 61616
(309) 685-7721 • email: options@mtco.com
www.options-center.com