



Brain Gym

Brain Gym is a system of developmental movements that reduce and integrate the hemispheres of the brain, thus enhancing and accelerating the learning process.

Brain Gym is researched-based and proven to improve academic performance, test scores and self-responsibility.

Brain Gym develops and strengthens the brain's neural pathways the way nature does: through movement. The specific **Brain Gym** movements help to re-educate the brain for improved concentration, memory, reading, writing, listening, organization, physical coordination and emotional well-being.

The Brain Gym Readiness Program (PACE) includes:

(1). WATER:

As we hydrate our system throughout the day, the electrical potential across the cell membranes increases which is essential for nerve function and supports stress reduction.

(2). BRAIN BUTTONS:

While holding the navel area with one hand, rub the hollow area below the collar bone with the thumb and finger of the other hand.

Rub for 20-30 seconds with one hand, then switch.

Brain Buttons can be done standing up or sitting down.

(3). CROSS CRAWL:

Touch one hand to the opposite knee. Alternate moving one arm and opposite leg.

Cross Crawl can be done standing up or sitting down.

(4). HOOK UPS

Part 1: While sitting or standing, cross the left ankle over the right. Extended arms, with thumbs down, cross the left wrist over the right, then interlace your fingers and draw them up toward your chest. Place your tongue in the roof of your mouth. Hold this position and relax for at least a minute, breathing deeply.

Part 2: When ready, uncross legs and touch your fingertips of both hands together continuing to breathe deeply for about another minute.

For more information, please visit the Brain Gym website @ www.braingym.org

Or contact Pamela F. Webster, M.A. Sp.Ed.

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