

# *Learning with* **PACE**

**In less than 5 minutes these 4 techniques will help both you and your kids feel more Positive, Active, Clear and Energetic.**



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# WHAT IS **PACE**?

PACE stands for a series of four simple techniques that prepare the brain and body for optimal learning, comprehension, awareness, and engagement.

In short, it enables any participant to feel more Positive, Active, Clear, and Energetic.



These four techniques are from Brain Gym®. Brain Gym is a form of Educational Kinesiology developed by Educator and Reading Specialist, Paul Dennison, and his wife and colleague, Gail Dennison.

Brain Gym uses safe and simple movements to reduce stress in the body and improve connections in the brain. Psychology, Neuroscience, Physical Therapy, Jin Shin Jyutsu (Japanese Acupressure), Traditional Chinese Medicine, and Developmental Optometry are all woven into this movement-based program.

As you learn each technique I will explain in more detail how it prepares both brain and body for optimal learning.

# HOW DO YOU KNOW IT WILL WORK FOR ME AND MY KIDS?

Although personal results vary, Brain Gym is used by thousands of Occupational Therapists, Physical Therapists, Teachers, and Kinesiologists around the world. Each of these specialists are amazed at how it prepares their students and clients for greater success.

I work with all ages and abilities in my business and have witnessed every single student and client who actually uses these techniques exceed expectations and surprise themselves as well as their peers, mentors, teachers, and families.

Furthermore, I know from personal experience. I am the first Licensed Brain Gym Instructor in the U.S. to have experienced Brain Gym since infancy. I personally used these four simple techniques before and during every test, sports game, and presentation during my schooling.

After contracting Bacterial Spinal Meningitis at 5 months of age, the doctors warned of learning challenges and loss of hearing. With the support of Brain Gym, I graduated at the top of my class and loved learning.

I know my life would not have been the same without these tools and am grateful to now share them with others.

Additionally, I continue to use these simple tools daily as an adult - especially before I teach, speak or work with private clients - to continually help me be my best.

## **PACE is accessible and versatile.**

These techniques help both kids and adults alike discover ease where they once met resistance, success where they once felt stuck.

Though incredibly simple, PACE has the power to help you and your kids prepare for new learning and be your best in any environment.

# WHERE DO I START?

It's always good to notice where you are before you do anything that is meant to improve your state.

**So first, before you skip ahead to the techniques, take a deep breath and notice how your body feels right now. Notice if your mind is racing, if you are stressed or calm.**

Great! Now you are ready.

So, to begin PACE, we build from the bottom up, just as you would build a house with the foundation first.



**P**OSITIVE  
**A**CTIVE  
**C**LEAR  
**E**NERGETIC

We start our journey with E.

## **E** FOR ENERGETIC: WATER

Both our brains and bodies need energy in order to function properly, especially when learning something new. Water literally provides the electrical energy for all brain functions. Without it, our neural activity is slow and simple tasks become more challenging.

When we sip water, not only does our body benefit from the hydration, but our brain is able to operate more quickly and efficiently.

TO DO:

**Sip water.**

# C FOR CLEAR: BRAIN BUTTONS

Brain Buttons utilizes reflex points for the eyes and acupressure points for the kidneys. It helps both clear our vision and clear toxins from the body. Without this clarity, learning in the classroom, or anywhere else for that matter, is extremely challenging!

TO DO:

**Start by making a C shape with your hand. Place the edges of that C on the inner ridges of your collarbones - with your thumb on one edge and your pointer finger on the other edge. Then move those points down two notches.**



**You will find a soft spot here on either side of the sternum.** If you are unsure about the points, place your whole hand on your chest with fingers and thumb resting just below your collarbones.

**Place your other hand on your belly button.**

**Breathe deeply while rubbing or holding these points for about 30 seconds.** If this is easy for you, add the next level to further activate the eyes: **Gently scan the room with your eyes from left to right and back again.**

**Switch hands and repeat on the other side.**

# A FOR ACTIVE: CROSS CRAWL

The Cross Crawl gently activates both brain and body. It slightly elevates the heart rate and encourages both sides of the brain to be aware and alert.

The right side of our brain controls the left side of our body and vice versa. By doing a simple Cross Crawl, or other cross lateral movement, the two sides of the brain have to communicate.

This communication is key to connecting both the big picture and details, and is the foundation to successful reading, writing, and comprehension.

When done standing, this technique also helps to stabilize the hips, improving overall balance, coordination and structural integrity of the body.

TO DO:

**Bring one leg and opposite arm together.**

**Then bring the other leg and its opposite arm together.**

**Repeat rhythmically for about one minute.**

Note: This can also be done while seated quietly under a desk at school.



# P FOR POSITIVE: HOOK-UPS

Hook-ups calms both body and brain by bringing all the energy to the core.

When done standing it also gently activates the vestibular or balance system of the body enabling you to remain present and positive.

This technique is one of my favorites for feeling calm and centered no matter the situation! It is especially effective for helping parents or caregivers stay calm when our kids are having big feelings.



TO DO:

## **First Part of Hook-Ups**

**Cross ankles.**

**Stretch your arms directly in front of you with both thumbs up towards the sky. Then turn the hands inward so both thumbs point down to the earth. Keeping the thumbs down, cross one arm over the other and clasp the hands, thumbs still pointing down. Once clasped, curl your hands to your chest as if you were zipping up a coat.**

The arms in this pose are similar to Eagle Pose in Yoga. If this is uncomfortable in any way, unclasp the hands, cross them over the chest close to the neck, and relax.

**Rest here for about a minute.**

**Start with eyes open, but if that comes easily, gently close your eyes and see if you still maintain balance.**

### **Second Part of Hook-Ups**

**Release both legs and arms, and bring fingertips together.**

**Rest here for at least 7 seconds.**

## NOTICE THE SHIFT IN BOTH BODY AND BRAIN

Now that you have completed PACE, take a moment to check back in and see what has changed in the last few minutes.

Close your eyes and see how your body feels. Notice if your brain feels different as well.

**That's it! You did it!**

Thank you for going on this journey with me. I pray that these four simple techniques help you and your kids as much or more than they have helped me.

Send me an email at [love@kelseyfoxbennettboyd.com](mailto:love@kelseyfoxbennettboyd.com) and tell me about your PACE experience or, if you are in need of further support, [click here](#) to schedule a free 30-minute chat to see if I can be of service.