

## 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

Brain Gym® is a registered trademark of Brain Gym International  
This poster accompanies Kathy Brown's book Educate Your Brain - www.educateyourbrain.com - Poster format Kathy Brown 2012