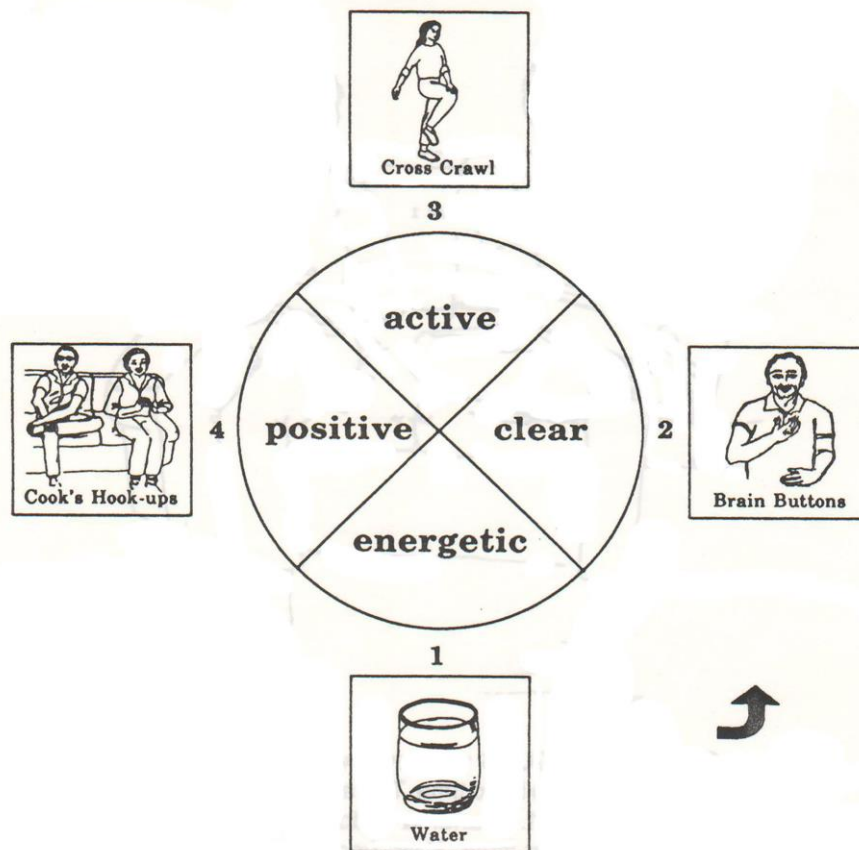


# PACE



**Water hydrates the brain cells** so they can communicate with each other and transmit the electrical energy.

**Brain Buttons increases blood flow to the brain** (One hand covers navel while the other hand massages the indentation points on either side of the sternum right below the clavicle. Change hands after 30 seconds). The increased blood flow helps improve concentration skills required for reading, writing, etc. It is also relaxing as it assists with releasing stress.

**Cross Crawls gets the whole brain working—activates the brain hemispheres**

Cross crawls help with the communication between left and right brain and benefits spelling, writing, listening, reading and comprehension. You can stand, sit, or lie down to do them.

**Cook's Hook-Ups**—for positive attitude—do for at least a minute. Doing Hook-Ups resolves stress. It is helpful for nervousness before a test, giving a speech or other special events that cause stress. Hook Ups calms the mind and improves concentration.