

PACE Routine

This routine has been used successfully in the classroom as a way to help students manage stress, anxiety, and low energy. It takes about 10-15 minutes.

<http://www.youtube.com/watch?v=dPHzEWO1vrc>



Positive

Hook ups stimulate the neocortex



Active

Cross-Crawl helps to activate right side/left side of the brain and promote balance between the two



Clear

Massaging brain buttons helps send oxygen to the brain



Energetic

Water conducts electricity in the brain.