

## **Brain Gym Performance Balance part 1**

Aimed at helping focus and fear in a performance situation.

Step 1 : PACE – drink water, Brain Buttons, Cross Crawl, Hookups

Step 2 : Noticing : Give yourself a number between 1 (low) and 10 (high) as to how ready your vision feels to support your task

Noticing : Act out the beginnings of a performance. Start by going out of the room and come in with your instrument sit down and begin to play (as if in front of an audience) and see how you feel – butterflies/tension/shaking/can you see and hear properly, tightness in chest, difficulty thinking etc.

Noticing : Check your posture – knees, are they relaxed and flexible?, sacrum – is it flexible?, occiput – do you feel balanced?

Noticing : Look at a busy picture, and concentrate a small part. Can you stay concentrating on that bit without looking around the room?

Noticing : Keep looking at that small part, but be aware of the rest of your surroundings without moving your eyes? Can you do that

Step 3 : Do the following movements to improve your performance skills :

(please refer to 'All Movement Reminders' for how to do them)

- The Owl
- The Footflex
- The Grounder
- Arm Activation
- The Calf Pump
- The Gravity Glider

Step 4 : Noticing : Repeat step 2 in reverse order, and notice how much each task has improved especially the performance.

Step 5 : Think about which movements worked well for you and continue to do PACE and those movements daily for up to 3 weeks