

Brain Gym Performance Balance part 2

Aimed at helping self confidence and positivity 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 : walk round the room. Do you feel relaxed, purposeful, positive

Noticing : Think about your performance – does that have physical effects on you? Can you articulate how you feel?

Noticing : Laugh out loud – does it feel forced, or natural? Does it sound normal?

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

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

- Sip some water
- Earth buttons (no eye tracking)
- Space buttons (no eye tracking)
- The Thinking Cap
- Brain Buttons (no eye tracking)
- The Energy Yawn
- Balance Buttons
- The Positive Points (and if possible, at same time as –
-
- Hookups

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