

Finding Our PACE in Summer School

By Mariola Strahlberg

"I would like to let you know about an incredible experience I had during the last summer school. After two years of negotiation, my school district finally agreed for me to bring Brain Gym® PACE to seven classrooms during the remedial summer session. I did fifteen minutes training for seven teachers and two coordinators; they were invited to look for changes in their students and themselves in 21 days. Then I trained three adult volunteers who went faithfully with me to the classrooms working with approximately 170 elementary school kids for four weeks."

The Director of Summer School wrote:

"All the classes did PACE in the morning and the kids loved it. The teachers warmed up to it especially after the first two weeks. The challenges were enormous since these were the kids who really have many issues. I can't say that all the kids benefited at the level I would have wished for them, but they did benefit from the resulting positive atmosphere in the room."



Here is a comment from an ESL teacher who was truly moved by the changes:

"I tried Brain Gym with my ESL students (grades 3-6) during summer school for almost four weeks and I observed a noticeable improvement in some of my struggling

readers. The students came to me with limited reading skills and after two weeks I began to see growth in some of these readers. The students enjoyed participating in the Brain Gym program and I felt the greatest benefit was that the students learned to coordinate their eye and hand movements which helped them copy notes from the whiteboard with greater speed and accuracy. In addition I noticed that these students have also shown improvements in their memory skills. They retain and recall information better."



Summer Coordinator:

"Any skepticism held by teachers diminished after a week or two. Students in classes appeared enthusiastic about their participation. Students in other classes expressed their desire to participate."

Mariola continues:

"What an experience that was for all of us! I feel that the Five Star Program™ with Brain Gym® PACE is truly the key to success."

[Find out](#) how to bring **The Five Star Program™ with Brain Gym® (PACE)** to your school and how to purchase *The Five Star Program™: A Step-by-Step Teacher's Guide to Innovative Classroom Strategies that Awaken Students' Unique Potential*.