

MAKE UP STORIES/SONGS TO MAKE DOING PACE FUN

Example: A car story:

- Our bodies are our vehicles—our cars
- Must have fuel to run on—Water is our fuel—take a sip.
- Turn on the ignition and start your car—Turn on our bodies/brains. Look in both directions before starting to move. Work with seeing horizontally without moving head or not.
- Move your car with Cross Crawls—Drive under control so to avoid others on the road. Can make some sounds for your car.
- Come to a stoplight and stop your car by using Hook-ups. Tongue to roof of mouth as breathe in and relax as breathe out like have peanut butter on the roof of your mouth.
- Tune in the radio as you uncross your legs and put your fingertips together and wait for _____.

Example: A song to the tune of , People on the bus....

People on the bus go sip, sip, sipall through the town. (Water)

People on the bus say, I like your shirt....all through the town (Brain Buttons)

People on the bus say, climb down the steps...all through the town. (Cross Crawls)

Now, its time to brake and park, brake and park,all through the town. (Hook-ups, Parts I and II.)

For Dismissal:

When I get home, I hug my.....all over town. (Hook-ups, Parts I and II.)

OTHER:

- Start with one activity at a time and then put all four together for younger children. Have a bag of cards with movements on them and then choose one.
- Create a PACE story to go with what ever you are emphasizing for the week.

