

## 2-Day Advanced Course Executive Functioning Skills for Children & Adolescents



In this interactive course, Lynne Kenney, Psy.D., pediatric psychologist, author and international educator, will show you how to integrate the newest research in neuroscience, kinesiology and neurocognitive education for students to behave better and learn more efficiently.

You will experience 50 developmentally progressive cognitive-exercises and coaching activities to enliven your classroom, office and clinic. Learn how to improve cognition, enhance learning and empower children to be better thinkers with motor movement, sequencing, attending, self-regulation and memory activities.

Dress comfortably, as we will be integrating movement throughout the day.

### FREE Activities for Your Toolbox

- ✓ Printable Rhythm and Movement Cards
- ✓ The Love Notes from Musical Thinking for Self-Regulation, Attention and Memory
- ✓ The Kinetic Classroom Rubric
- ✓ PreK-3rd Grade Self-Regulation Transition Activities
- ✓ Spotlight: Our Visual-Motor Cognitive-Visual Activities PreK-12th Grades
- ✓ CogniTap Desk Sequences PreK-12th Grades
- ✓ Printable Cognitive Coaching Activities
- ✓ Research Bibliography

### Target Audience:

PreK-12th Grade Educators  
Special Educators  
Psychologists  
School Psychologists  
Counselors  
Social Workers  
Occupational Therapists  
Speech-Language Pathologists  
Other Helping Professionals

### Live Seminar & Webcast Schedule (Both Days, Time listed in Mountain)

- 7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch (on your own)  
**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

### Live Webcast Details and Live Webcast Continuing Education Credit Information Join us on December 5 & 6, 2019, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$79.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesi.com/webcast/76812](http://www.pesi.com/webcast/76812)



## Lynne Kenney, Psy.D.

Lynne Kenney, Psy.D., is the nation's leading pediatric psychologist in the development of classroom cognitive-physical activity programs for students grades K-6. Dr. Kenney develops curriculum, programming, and activities to improve children's cognition through coordinative cognitive-motor movement, executive function skill-building strategies, and social-emotional learning.

Dr. Kenney has advanced fellowship training in forensic psychology and developmental pediatric psychology from Massachusetts General Hospital/Harvard Medical School and Harbor-UCLA/UCLA Medical School. She holds a Master's Degree in physical education from the University of Southern California and a Doctorate in psychology from Pepperdine.

Dr. Kenney's books include *70 Play Activities for Better Thinking, Self-Regulation, Learning and Behavior* (Kenney & Comizio, 2016), the *Social-Emotional Literacy program, Bloom Your Room™; Musical Thinking™; and Bloom: 50 things to say, think and do with anxious, angry and over-the-top-kids* (Kenney & Young, 2015). Her professional development platform The Kinetic Classroom brings executive function education and cognitive-motor movement to educators and clinicians worldwide.

Since 1985, Dr. Kenney has worked as an educator in community service from the inner cities of Los Angeles to national organizations such as the Neurological Health Foundation, Understood.org, HandsOn Phoenix, and Points of Light (Generation On). She values closing the education gap in poverty and enjoys working with Title I schools.

#### Speaker Disclosures:

Financial: Dr. Lynne Kenney maintains a private practice. She is an author for St. Lynn's Press, Better Life Media, Inc., and Move 2 Think, LLC. Dr. Kenney is the creator of The Family Coach Method. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Dr. Lynne Kenney has no relevant non-financial relationship to disclose.

## Objectives

1. Implement research-based activities educators, teachers and clinicians can use to improve thinking, self-regulation, learning and behavior.
2. Determine how to improve classroom cohesion and climate with physical activities that require thought engaging attention and memory.
3. Articulate the meaningful relationship between cognition and motor movement in learning and school achievement.
4. Explore bringing cognitively engaging physical activity to your classroom and practice with coordinative cognitive-motor activities.
5. Practice over 50 coaching and movement activities you can do to help children with ADHD, dyslexia, ODD, sensory processing challenges, dyspraxia, anxiety and behavioral issues.
6. Demonstrate how to enhance collaboration and cooperation in your classroom by helping students become "cognitive scientists" empowered to help their own learning.
7. Understand the role of tempo, rhythm and timing in cognition.
8. Design rhythmic calming strategies for on-the-spot behavior management.
9. Develop confidence in creating your own collaborative cognitive-motor work with your students.
10. Articulate how rhythmic "heavy" motor work can be more effective for dysregulated children than talking when a child is in distress.
11. Analyze the biological precursors to better executive functions, learning and behavior.
12. Practice cognitive-movement strategies to help children move out of the stress response into an alert state of calm.

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## 2-Day Advanced Course Executive Functioning Skills for Children & Adolescents

50 Cognitive-Motor Activities to Improve  
Attention, Memory, Response Inhibition  
and Self-Regulation



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50 Cognitive-Motor  
Activities to Improve Attention,  
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Featuring: **Lynne Kenney, Psy.D.**,  
Pediatric Psychologist, Author, International  
Educator and national leader in the  
development of cognitive-physical activity  
programs for the classroom

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# Outline

## Priming the Brain for Learning

Impact of brain stimulation, stress, ACE's and trauma on learning  
 Create low-stress-high-connection learning environments  
 Biological precursors to learning  
 New preliteracy  
 Executive function precursors  
 5 early predictors of academic success  
 Create a calm classroom culture with kindness, respect & trust  
 Importance of collaboration, agency and creativity in learning and behavior

## Foundational Motor Competencies that Proceed Learning

Balance and weight shift  
 Postural control for better learning  
 Foundational movement patterns & sequences  
 Types of patterns and elements  
 How to build a movement sequence

### Activities

Balance activity  
 Teaching weight shift  
 Head, shoulders, hips & knees  
 Can everybody count  
 Initial brain primer sequences for attention, memory and self-control

## Musical Thinking

We are musical  
 Using The Love Notes  
 Measures are magic!  
 "We Move on the Beat in Time Together"  
 Sequence is the secret

### Activities

Balance thinking rhythm cards  
 Communicating need sets musically  
 Movin' and Groovin' movement mixes  
 Creating your own standing patterns

## Thinking Interventions for Better Learning and Behavior

Executive functions CAN be learned  
 Build core executive functions for achievement  
 Cognitive skills building process

## "I am the Best Coach for My Brain" - Lessons for Students

Teach children about their brains  
 Make executive functions transparent  
 "Cognitive Conversation"

### Activities

8 brain lessons for students  
 Cognitive conversation prompts  
 The THINK Cards  
 SAM Call and response cards

## The "Cognitive Conversation" about Attention

My Attention Engine  
 Attention is more than one thing  
 Attention cycle  
 Types of attention

### Activities

Prompts and questions  
 Raise mindful awareness  
 My Attention Engine  
 Songs and chants  
 Interactive conversational practice

## Seated Work For Better Attention

Alert Attention  
 1-5 minute desk percussion activities  
 Stadium effect  
 Compositions & orchestras

### Activities

Table top tap  
 Repeat the beat  
 CogniTap  
 Paraiddles

## Cognitive Engagement - Music, Piano & Drumming

Role of music in learning  
 Build musical skills through auditory channels  
 Imagination in spatial drumming  
 Meludia Method  
 Taiko

### Activities

In Time (Advanced Brain Technologies)  
 Solfege

## Developing Your Own Patterns and Sequences

Patterns  
 Sequences  
 Elements  
 Sound and movement mixes  
 Cueing

### Activities

You're a conductor  
 We're an orchestra

## Language, Dyslexia, Reading and Learning

What the research says about the precursors to reading  
 Different types of dyslexia  
 Role of speed of processing in reading  
 Temporality, timing and prosody in reading  
 Are rhymers really readers?

### Activities

Narrative language in daily life  
 Visual story-telling – sequencing and patterning in pictures  
 Lullabies, folk songs and rhyming songs  
 Circle pattern rhyming activities

## Visual-Motor Language: Spotlight

What is Spotlight and how was it developed?  
 Collaboratively reading the visual-motor language  
 Importance of cognitive cueing  
 Use spotlight in various settings

### Activities

Initial instructions to the student(s)  
 Mirror and alternate  
 Planer, lateral and contralateral movements for learning  
 Create your own sequences  
 The one spotlight movement circle

## Brain Primers (Mike Kuczala)

Developmentally progressive cognitive engagement  
 Increase cognitive-motor demands  
 Engage creativity and collaboration  
 Engage the reluctant learner  
 Advanced mix and match elements, patterns and sequences

### Activities

Brain primers

## The "Cognitive Conversation" about Memory

Working, short-term, long-term, visual working, verbal (auditory) working memory  
 Encode and retrieval  
 Art, music and movement improve science

### Activities

File cabinet visual prompt  
 Retrieve math facts with Quick Rick  
 Encoding spelling with Slow Mo  
 Working memory enhancement strategies  
 Visual memory enhancement techniques

## Improving Behavior with Cognitive-Motor Movement

## The "Cognitive Conversation" about Self-Control (Response Inhibition) + Impulsivity

Achieve better classroom cohesion, socialization and behavior with responsive movement

Difference between self-regulation and self-control  
 Response inhibition and impulsivity  
 Types of impulsivity (motor, verbal, cognitive)  
 "Felt-Sense" of slowing down (self-control and self-regulation)

5 quick effective responses to dysregulated kids  
 Between urge, action and behavior  
 Trauma, cognition, and dysinhibition  
 Block repetitive anxious thoughts

### Activities

Think-Ups  
 Mary and Her Me Me Me's!  
 Periwinkle and Pace

## Self-Regulation: Heavy Work

Push, pull and hold  
 How does proprioceptive feedback calm the brain and body?

What does the counting or cueing sound like?

### Activities

Successful transitions  
 Stationary holds with the Musical Thinking  
 Rhythm cards  
 Large-motor heavy play  
 Hand play

## Self-Regulation: Achieving an Alert State of Calm

Self-regulation: emotional, cognitive, sensory/motor  
 Self-regulation as energy management  
 Use entrainment to reciprocally regulate  
 3,5,7,9 for calming in time

### Activities

Co-regulation  
 Retro Walking Dressage Patterns  
 Yoga patterns  
 Tai Chi patterns  
 Mirror writing  
 Self-monitoring worksheet

## Attention, Memory and Inhibition

How bean bags engage visual tracking  
 How bean bags engage attention and memory  
 Hand-eye patterns & sequences

### Activities

One and two person bean bag activities

## Rhythm Ball for Calming

One and two person ball activities  
 Change cueing & counts for alerting and calming

### Activities

Co-regulating with one person  
 Back-to-back listening activity  
 Use music and metronomes



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## 70 Play Activities for Better Thinking, Self-Regulation, Learning & Behavior

By Lynne Kenney, Psy.D. **YOUR PRESENTER** & Rebecca Comizio, MA,MA-Ed, NCSP

Packed with worksheets, handouts, and guided scripts with step-by-step directions, this definitive resource will put you to the top of your play game. With over 70 activities designed to improve thinking, self-regulation, learning and behavior, your tool kit will be full and your creative brain will be inspired to craft your own meaningful exercises. Play now, Play later... with 70 Play Activities for better brain function and learning.



## Bloom: 50 Things to Say, Think, and Do with Anxious, Angry, and Over-the-Top Kids

By Lynne Kenney, Psy.D. **YOUR PRESENTER** & Wendy Young, LMSW, BCD

Written for real parents with anxious, angry and over-the-top kids, Bloom is a brain-based approach to parenting all children. Stop second-guessing the way you handle misbehaviors, and learn why they occur in the first place. Come to understand the developmental origins of behaviors and take a fresh look at how you can address them with skill-building techniques that produce real and lasting change.

## Live Seminar Continuing Education Information

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below or questions on home study credit availability, please contact cpe@pesi.com or 800-844-8260 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**Counselors:** This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**Educators/Teachers:** This course is designed to qualify toward your professional development requirement. The program is 12.5 clock hours in length.

**Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**Psychologists:** This live activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

**Psychologists/School Psychologists:** PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

### Activities

Co-regulating with one person  
 Back-to-back listening activity  
 Use music and metronomes



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

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**PESI, Inc.** is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

**Speech-Language Pathologists:** This course is offered for 1.25 ASHA CEUs (Intermediate level, Professional area).

\*\* Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.

**Social Workers:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**Colorado Social Workers:** PESI, Inc. is an approved provider with the Colorado Chapter of the National Association of Social Workers. Provider #1413. This course has been approved for 12.6 continuing education hours.

**Other Professions:** This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

## How to Register:

2-DAY ADVANCED COURSE—EXECUTIVE FUNCTIONING SKILLS FOR CHILDREN & ADOLESCENTS: 50 COGNITIVE-MOTOR ACTIVITIES TO IMPROVE ATTENTION, MEMORY, RESPONSE INHIBITION AND SELF-REGULATION

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### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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- \$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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