

## 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

### Meet Your Speaker

Full bio at [www.pesi.com/webcast/84593](http://www.pesi.com/webcast/84593)

**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.

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.

Learning Objectives can be viewed at [pesikids.com/webcast/84593](http://pesikids.com/webcast/84593)

#### Live Webinar Schedule - both days

(Times listed in Central)

- 8:00** Program begins
- 11:50-1:00** Lunch Break
- 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.

#### Target Audience:

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



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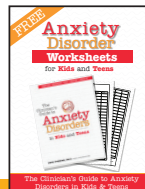
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# 2-Day Advanced Course Executive Functioning Skills for Children & Adolescents

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



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**LIVE INTERACTIVE WEBINAR**

Thursday & Friday, March 11 & 12, 2021

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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

Musical 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

Paradiddles

### 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

## Activities Based on over 100 Peer-Reviewed Research Studies

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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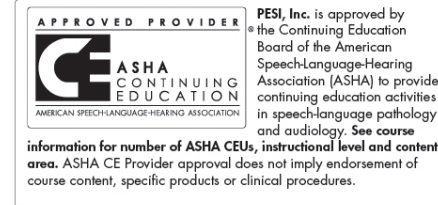
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#### National CE Credit Approvals For Live Webinar

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**AOTA** 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.



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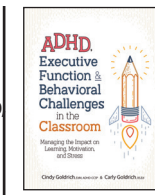
## Recommended Reading:



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

Lynne Kenney, Psy.D. & Rebecca Comizio MA, MA-Ed, NCSP

~~\$26.99~~ \$19.99\*



**ADHD, Executive Function & Behavioral Challenges in the Classroom**

Cindy Goldrich, M.ED., ACAC & Carly Goldrich, BS, ED

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