Improve Executive Function, Attention, Memory, Response Inhibition and Self-Regulation in Children and Adolescents

Activities Based on over 100 Peer-Reviewed Research Studies

50 Cognitive-Physical Activities and Coaching Strategies to Improve Executive Function and Self-Regulation in Children and Adolescents

Lynne Kenney, PsyD Pediatric Psychologist
Learn the Science to Improve Attention, Memory, Self-Control and Self-Regulation

For generations, we focused on IQ as a fundamental foundation of learning. Yet, research in the past 15 years has shown us something more important than IQ that is shifting the field of educational neuroscience (neuroeducation) and how we teach. We now have evidence that executive functions are more powerful predictors of reading and math achievement than is IQ (Mulder, et al. 2017; Blair and Razza, 2007; McClelland et al., 2007; Bull et al., 2008; Clark et al., 2010; Geary et al., 2012).

We also know that self-regulation and self-control are predictors of physical health, substance dependence, graduation rate, personal finances, job success, and criminal offending outcomes (Moffitt et al., 2011; Zachariou & Whitebread, 2019).

• Learn the biological precursors to better executive functions, learning and behavior.

• Learn why rhythmic “heavy” motor work can be more effective for dysregulated children than punishment.

• Learn in-the-moment self-regulation activities to calm the Caveman and engage the Thinker in children’s brains.

• Learn how to teach children to improve their self-coaching skills with research-based activities to improve attention, memory, planning, organization, time management, cognitive flexibility and self-regulation.

• Learn coordinative rhythmic beat-based motor movement to engage executive functions.

• Practice cognitive-movement strategies to help children move out of the stress response into an alert state of calm.

• Learn how to have the “cognitive conversation” about executive functions including self-control, attention and memory with your students.

• Experience a variety of cognitive-motor activities including marching, drumming, ball, dance, desk, and beanbag work to engage thinking and self-regulation.

• Learn auditory, musical and visual tools and strategies to engage the brain.
“We engage executive functions including attention, memory, response inhibition, cognitive flexibility and self-regulation with coordinative-rhythmic physical activities requiring thinking alongside cognitive coaching strategies for better learning and behavior.”

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, worksheets and 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 moving to think and calming to learn with balls, bean bags, desk percussion, rhythm activities, yoga and music.

Choose One or Two Day Workshop
Course Overview

Day 1

Topics & Activities
• Preparing the Brain to Learn
• The Impact of Brain Stimulation, Stress, ACE’s and Trauma on Learning
• Creating Low-Stress High Engagement Learning Environments
• The Biological Precursors to Learning
• School Readiness Indicators
• 5 Early Predictors of Academic Success
• Building Core Executive Functions for Achievement
• Strategies for Twice-Exceptional Students
• We Got the Beat: Engaging Subcortical Brain Structures for Better Learning
• Brain Primers: The Importance of Beat-Based Patterns & Sequences in Learning
• The Meludia Method
• Teaching How to Slow Down for Better Self-Control
• Prompts and Questions for Better Executive Function Coaching
• Movin’ and Groovin’ Movement Mixes
• “I am the Best Coach for My Brain” - Brain Lessons for Students
• The “Cognitive Conversation” about Attention
• My Attention Engine: Strategies for ADHD
• Cognitive Songs & Movement Chants
• 1-5 minute Desk & Seated Drumming Activities

Day 2

Topics & Activities
• Language, Dyslexia, Reading and Learning
• Temporality, Timing and Prosody in Reading
• Are Rhymers Really Readers?
• Better Behavior with Rhythmic Heavy Work
• Spotlight: The Visual-Motor Language
• The Importance of Cognitive Cueing
• Quarter Notes, Whole Notes, Half-Notes, Pause
• The One Spotlight Movement Circle
• The “Cognitive Conversation” about Memory
• Working Memory Enhancement Strategies
• Play Math: Retrieving Math Facts with Quick Rick
• Encoding Spelling with Slow Mo
• Bean Bags, Attention, Memory and Inhibition
• The Movement Orchestra
• The “Cognitive Conversation” about Self-Control (Response Inhibition) + Impulsivity
• Self-Regulation: Achieving an Alert State of Calm
• Self-Regulation: Yoga & Tai Chi
• Rhythm Ball for Calming
Dr. Lynne Kenney, PsyD

Dr. Lynne Kenney 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 BA in Psychology and an MA in Physical Education from the University of Southern California. Her Doctorate in Psychology is from Pepperdine.

Dr. Kenney has developed over 100 research-based cognitive-movement activities for students grades PreK-6th. Her 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). Brain Primers the cognitive-motor movement cards (Kuczala & Kenney) are slated for 2020. Dr. Kenney's professional development online platform The Kinetic Classroom brings her executive function and cognitive-motor movement activities to educators and clinicians worldwide.

In 2017, Dr. Kenney co-authored the 5n45 cognitive-exercise program with Bruce Wexler, MD creator of ACTIVATE at Yale C8 Sciences. 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.

What course attendees have to say:

“It was a fantastic workshop! It was extremely validating to hear scientific research state how important and critical musicality and rhythm, essentially, dance, are to the human brain! Even if someone is not training on the “serious” level, it has tremendous benefits. I felt right at home with the content and it allowed a pathway for me to bring “dance” to my classroom. I used a few of the techniques today. The kids loved it and I immediately saw smiles on their faces!”

“You, personally, are a wonderful presenter! You are positive, patient, and refreshing! I would recommend this workshop to anyone! Thank you for sharing your knowledge with us!”

This Executive Function Course is a two-day certificate course designed for educators, administrators, teachers, occupational therapists, special educators, speech pathologists, physical education teachers and home educators interested in motor-cognition.

One-Day Trainings and 90-Minute Webinars are available with content chosen from the course menu. Please email us to schedule a training lynne@lynnekenney.com.

Find us on Instagram, Twitter and Facebook @drlynnekenney.