

Outline

What You Need to Know about Movement and Cognition

Explore new neuroscience + kinesiology + education research
Teach children how the brain is built - manage their 3-part brains
Define & teach executive functions to children
Embodied cognition - learning is a whole-body experience
Bring daily physical activity into the classroom

Current Research on the Role of Movement in Learning

Physical activity improves health and academic achievement
Types of exercise that improve executive function
How to Implement a movement schedule
Using collaboration and student creativity to improve behavior

Activities, Tools and Strategies Alerting, Attending and Energizing

March Match
Find The Pulse
Clap & Tap
I'm a Star
Over the Line in 4/4 time
The Little Jane Fonda
Wave Jump
Switch Tasks
Clap, Snap, Tap
Rhythm and Rhyme
Body Percussion
Pretend Drums

Target Audience:

Educators • Special Educators • Psychologist
School Psychologists • Counselors • Social Workers
Occupational Therapists • Speech-Language Pathologists • Other Helping Professionals

Objectives

1. Implement research-based activities educators, teachers and school psychologists can use to improve thinking, self-regulation and behavior.
2. Characterize the relationship between cognition and motor movement.
3. Explore bringing physical activity back to the classroom with neurocognitive activities.
4. Practice over 30 activities you can do to help children with ADHD, dyslexia, ODD, sensory processing challenges, dyspraxia, anxiety and behavioral issues.
5. Evaluate the integration of computer-based cognitive skills training and motor movement activities
6. Choose how to enhance collaboration and cooperation in your classroom by teaching children applied neuroscience research.



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Self-Regulation

The difference between self-regulation and self-control
Task demands and perceived stress
Stressor identification & arousal states
Slowing down for better cognitive control
 keeping the marshmallow in the middle
Entrainment and Synchrony
Entrain me (Walk & Bounce with me)
Co-Regulation - Swing, sway, sing
Meditation and Mindfulness
The Music Carpet Ride
Middle C OHM
Head, Shoulders, Hips & Knees
Tai Chi
Pretend Balance Beam
Yogivate in ACTIVATE
Rhythm Ball
3,5,7,9 For Calming in Time
Mirroring with Big Ben

Attention/Memory

The BIG 3 - attention, working memory & self-control
Having a Ball!
ACTIVATE
The Secret is The Sequence
The Parts of the Task Game
Cognitive Conversations
The THINK Cards
My Attention Engine
Play Math

Behavior

Anxiety, agitation and hopefulness
What to say, think and do when children are escalating
The power of self-talk
Who's Jelly Beans Am I Holding?
The Purpose Circle
What's In It For Me?
Anger and Perceived Loss
Anger Mountain
My Anger Manager
I'll Give This 10

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Shame Shields

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Executive Function in the Classroom

- Improve how children learn by teaching them how their brains work
- How coordinated motor movement improves executive function
- Close the education gap in poverty with movement and cognition

CHEYENNE, WY

Wednesday, December 5, 2018

DENVER, CO

Thursday, December 6, 2018

COLORADO SPRINGS, CO

Friday, December 7, 2018



Register Now: pesi.com/express/66024



Executive Function in the Classroom

30 Cognitive-Motor Activities to Improve Attention, Memory & Self-Regulation

MOVE
TO LEARN,
PLAY
TO BEHAVE

MOVE
TO THINK,
CALM
TO LEARN

Presenter:

Lynne Kenney, Psy.D.

Pediatric Psychologist, Author and
International Educator

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Executive Function in the Classroom

30 Cognitive–Motor Activities to Improve Attention, Memory, & Self-Regulation

Teaching students how they think, learn and behave empowers them to play an active role in their own learning. When children with ADHD, anxiety, learning differences, oppositional tendencies and disinterest in school are taught how to be “Cognitive Scientists” coaching their own brains to plan, prioritize, attend and remember, they become more invested in school and motivated to learn.

Taking the mystery out of executive functions by showing students how to learn more efficiently while calming their defensive brains leads to better concentration, improved attention, higher academic achievement and competent social-emotional skills.

In this workshop, Lynne Kenney, Psy.D., pediatric psychologist, author and international educator, will teach you how to integrate the newest research in neuroscience, kinesiology and education for kids to learn more efficiently. You will discover over 30 developmentally progressive cognitive-exercises, worksheets and activities to enliven your classroom. 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, body percussion, rhythm activities, yoga and music.



Lynne Kenney, Psy.D., is a practicing pediatric psychologist, author and international educator in Scottsdale, AZ. With a keen interest in changing the trajectory of children's learning through cognitive-exercise, Dr. Kenney is known for developing classroom activities which integrate neuroscience and physical education to improve executive function and self-regulation.

Dr. Kenney is co-author with Wendy Young of Bloom: 50 things to say, think and do with anxious, angry and over-the-top-kids and author of The Family Coach Method. Her most recent books Musical Thinking: 5 Steps To Teaching Children How They Think and 70 Play Activities For Better Thinking, Self-Regulation, Learning, and Behavior (Kenney & Comizio, 2016) introduce her direct instruction method for improving executive function, math, reading and social-emotional skills.

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 from Pepperdine. For over 30 years, 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.

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.

Live Seminar Schedule

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.

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.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.



**SAVE by including these products with your seminar registration!*

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

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

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

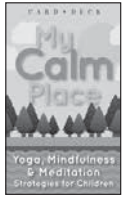
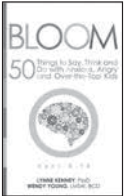
Written for real parents with anxious, angry and over-the-top kids, Bloom is a brain-based approach to parenting all children. Stop second-guessing the way you handle misbehaviors, and learn why they occur in the first place. Come to understand the developmental origins of behaviors and take a fresh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

My Calm Place Card Deck

Yoga, Mindfulness & Meditation Strategies for Children

Barbara Neiman, OTR and Sheila Lewis

My Calm Place card deck combines yoga, meditation, mindfulness and guided imagery activities to calm emotions and promote self-regulation in children. Fun and easy-to-use, these 50 exercises are perfect for the classroom, clinic or at home.



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Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact **Meg Mickelson Graf** at mgraf@pesi.com or call **715-855-8199**.

LIVE SEMINAR CONTINUING EDUCATION CREDIT 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 if 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 cepsi@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 6.25 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.

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EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 6.25 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 6.0 contact hours or .6 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 6.25 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 this activity and contact your state board or organization to determine specific filing requirements. American Psychological Association credits are not available.

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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 .6 ASHA CEUs (Intermediate level, Professional area).

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this Intermediate course. 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 6.3 continuing education hours. Please make sure to bring your license number to the seminar so that we can report your attendance NASWCO.

OTHER PROFESSIONS: This activity qualifies for 380 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.

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EXECUTIVE FUNCTION IN THE CLASSROOM: 30 COGNITIVE-MOTOR ACTIVITIES TO IMPROVE ATTENTION, MEMORY & SELF-REGULATION

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WALK-INS

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TUITION OPTIONS

• **FREE Military tuition:** PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

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☐ **\$15.95*** Bloom: 50 Things to Say, Think, and Do with Anxious, Angry, and Over-the-Top Kids book
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*Shipping is \$6.95 first item + \$2.00 each add'l item.

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