



CogniTap Desk Moves

PreK-12th Grade



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CogniTap

"Grab a Seat, Let's Catch the Beat"

Musical Thinking on The Kinetic Classroom – CogniTap

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CogniTap

"Grab a Seat, Let's Catch the Beat"

Each of our The Kinetic Classroom programs has a story that begins with humans. This is the story of CogniTap and the students who inspired it.

CogniTap has evolved through 20 years of working with students to develop executive function skills through movement that requires cognition. Our initial patterns involved marching, stepping and throwing basketballs as I was working in a high school in south central Los Angeles and that was their jam. I grew so much working with students who preferred moving to talking. They taught me more than I taught them, I am sure. Without the guidance of Dr. Virginia Ford, the Principal at Manual Arts, at the time, and Dr. Dick Cone the founder of the Joint Educational Project at the University of Southern California, I might have been lost. Instead, a career of caring for Title I students and their learning skills was found.

As I moved from the west coast to the east coast I carried the students' inner city sensibilities with me and began working with challenged students. Those children who had few friends, did not know how to be social and tended to live in their survival brain rather than their social brain. Instead of "talk therapy," I observed that rhythmic movement therapy worked better. We would walk on the beat, stop and look at insects on the beat and even pick our crayons out of the tub "on the beat".

As I began bringing our stable beat-based work into schools, teachers asked, particularly in the early years and in high school, for us to begin the work at the students' desks sitting down. I am a well-known advocate for children moving, not sitting. Yet, with the help of inspiring teachers and their students we found a way. We developed CogniTap, desk-based movements that engage rhythmic timing, the abdominal core, vestibular activation, proprioception, beat perception, cognition, creativity and joy.

We have practiced and refined these activities with K-5th grade students at our esteemed lab schools Tarwater Elementary in Chandler, Arizona and St. Francis Xavier in Phoenix. Our deepest gratitude to the principals, teachers, special educators, educational leaders and occupational therapists who have been instrumental in the development of CogniTap. Your creativity and dedication to cognition in the classroom made a world of difference.

What follows are the activities and some ideas on how to do CogniTap. We encourage your creativity, agency and inspiration in doing these movements that is fun and engaging with your students. We have the cognition covered, you bring the creativity and joy!

CogniTap

"Grab a Seat, Let's Catch the Beat"

What is CogniTap?

CogniTap is a collection of beat-based whole body rhythmic activities you and your students or clients can do at their tables or desks. Imagine tapping the desktop or your body while you step, stomp and tap with your feet on the floor.

CogniTap incorporates current neuroeducation to engage the brain and body at the same time to engage executive functions. CogniTap calls upon various regions of the brain to create a whole brain-body experience that requires students (and even adults) to THINK while they move. CogniTap is quite flexible. We most often read the visual-cognitive-movement sequences and move on the beat in time together as a class. Yet, you can use CogniTap in small groups, dyads and in one to one therapy.

How do I introduce CogniTap?

Before we play CogniTap, we often talk about how the central nervous system feels more calm, alert, and organized when we incorporate movement in our learning engaging our brains and our bodies together. We talk with students about activities they do to calm their brains at home and at school. Then we introduce CogniTap - **"Cognitive-Movement Activities to Engage Our Brains."**

We ask the students if they'd like to try a bit of Cognitive Science and get their brains thinking. If they are super interested we talk a bit about executive functions and how important they are to academic achievement. If the students are reluctant we just start moving on the beat in time together.

What do I need to do?

Project the CogniTap sequences (one at a time) on your smartboard or print and laminate them. Students love holding the cards at the front of the room or throwing them down on the floor for partner mirroring and alternating work.

Watch our VIDEOS and get moving!

CogniTap

"Grab a Seat, Let's Catch the Beat"

How do you play CogniTap?

We usually use a "call-out" or "prompt" to say, we're going to play CogniTap now. Sometimes we even ask students if they are needing a little CogniTap. Once they get in the rhythm students know when they need some alerting or calming.

We say things like:

"Let's Tap."

"Who needs some cognition?"

"Whose got the beat!"

"Who's ready for some CogniTap!"

Ask your students to read one of the sequences out loud together. You or one of your students says, "Let's Tap." One, two, ready, Tap! and CogniTap begins. You can tap on your desk, your body or on the floor. Each pattern clearly says what to do on each beat. We usually do each sequence or "Set" 3-4 times. Once the kids are competent, they can combine sets and make up their own "movement phrases," as master tap instructor Darrell Williams calls them. Move to a slow tempo at first, you can use music or a metronome if you wish. Most often, we simply use our own voices and we enjoy the tapping sounds together. Feel free to mix and match The Moves! Make up your own patterns. Have fun!

We tell our students we have three tempos:

Slow 50-85 beats per minute for learning

Quick 85-120 beats per minute for performing

Fast 120-160 beats per minute when we have practiced a lot and we are awesome!



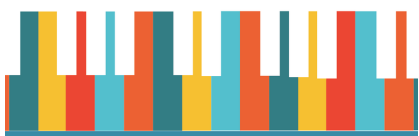
Let's Dive In!

The Moves

Lower Body



Toe Tap



Step



Heel Tap



Shuffle In



Shuffle Out



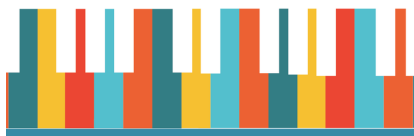
Swivel



Stomp



High Knees



Twist



The Moves

Upper Body



Attention & Memory

Clap



Attention & Memory

Double Clap



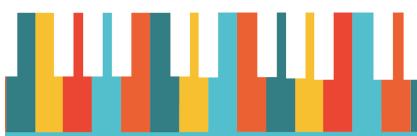
Attention & Memory

Hand Tap



Attention & Memory

Snap



Attention & Memory

Dab



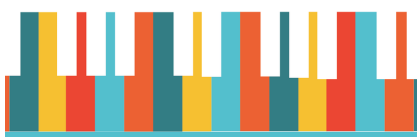
Attention & Memory

Lasso



Attention & Memory

Pat with Two Hands



Attention & Memory

Sky Reach



Attention & Memory

Crossbody Reach



The Moves

Create Your Own!



CogniTap Desk Moves: Set 1

Toe Floor Taps

L **R** **L** **R** **L** **R** **L** **R**

L **R** **L** **R** **L** **R** **L** **R**

1 **§** **2** **§** **3** **§** **4** **§**

Hand Table Taps

R **L** **R** **R** **L** **R** **L** **L**

L **R** **L** **L** **R** **L** **R** **R**

1 **§** **2** **§** **3** **§** **4** **§**

Sequential

CogniTap Desk Moves: Set 2

Toe Floor Taps

R **L** **R** **L** **R** **L** **R** **L**

L **R** **L** **R** **L** **R** **L** **R**

1 **&** **2** **&** **3** **&** **4** **&**

Toe Floor Taps

R **L** **R** **L** **R** **L** **R** **L**

R **R** **L** **L** **R** **R** **L** **L**

1 **&** **2** **&** **3** **&** **4** **&**

Sequential

CogniTap Desk Moves: Set 3

Hand Table Taps

R **L** **R** **L** **R** **L** **R** **L**

L **R** **L** **R** **L** **R** **L** **R**

1 **§** **2** **§** **3** **§** **4** **§**

Toe Floor Taps

R **L** **R** **L** **R** **L** **R** **L**

R **R** **L** **L** **R** **R** **L** **L**

1 **§** **2** **§** **3** **§** **4** **§**

Sequential or Simultaneous

CogniTap Desk Moves: Set 4

Tap & Claps

Tap	Clap	Tap	Clap	Tap	Clap	Tap	Clap
RF		LF		RF		LF	

Tap	Clap	Tap	Clap	Tap	Clap	Tap	Clap
LF		RF		LF		RF	

1	&	2	&	3	&	4	&
---	---	---	---	---	---	---	---

Clap	Tap	Tap	Clap	Tap	Tap	Clap	Clap
	RF	LF		RF	LF		

Clap	Tap	Tap	Clap	Tap	Tap	Clap	Clap
	RF	LF		RF	LF		

1	&	2	&	3	&	4	&
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Sequential

CogniTap Desk Moves: Set 5

Toe & Hip Taps

Tap RF	Tap LF	Tap RF	Tap LF	Tap RF	Tap LF	Tap RF	Tap LF
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Tap RF	Tap RF	Tap LF	Tap LF	Tap RF	Tap RF	Tap LF	Tap LF
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1	&	2	&	3	&	4	&
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	Hand		Hand		Hand		Hand
Tap RF	Tap Hip LH	Tap LF	Tap Hip RH	Tap RF	Tap Hip LH	Tap LF	Tap Hip RH

	Hand		Hand		Hand		Hand
Tap RF	Tap Hip LH	Tap LF	Tap Hip RH	Tap RF	Tap Hip LH	Tap LF	Tap Hip RH

1	&	2	&	3	&	4	&
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Sequential

CogniTap Desk Moves: Set 6

Tap & Claps Claps

Tap RF	Clap	Clap	Tap LF	Clap	Clap	Tap RF	Clap
------------------	------	------	------------------	------	------	------------------	------

Tap LF	Clap	Clap	Tap RF	Clap	Clap	Tap LF	Clap
------------------	------	------	------------------	------	------	------------------	------

1	&	2	&	3	&	4	&
---	---	---	---	---	---	---	---

Tap LF	Clap	Clap	Tap RF	Clap	Clap	Tap LF	Clap
------------------	------	------	------------------	------	------	------------------	------

Tap RF	Clap	Clap	Tap LF	Clap	Clap	Tap RF	Clap
------------------	------	------	------------------	------	------	------------------	------

1	&	2	&	3	&	4	&
---	---	---	---	---	---	---	---

Sequential

CogniTap

"Grab a Seat, Let's Catch the Beat"

Here we are 6 sets and months of cognitive engagement. These take many months to master. You are welcome to change the rhythm by adding eighth notes as you wish.

I tell you in honesty, every time I go into a classroom, I am prepared. I have a plan. Yet, the students make everything I create better. Students want agency, they desire cognitive skills, they often simply do not have an approach to implement their own creativity. Change the beats, add moves, your creativity is welcome!

- What do you think?
- What did you and your students create?
- How did CogniTap improve socialization?
- What about academic achievement?
- How did your tempo and timing change?

Let us know, we care and are listening.

We have a bright community of educators and clinicians worldwide who are eager to see your videos, learn from your experience and share their thoughts. Join us on Twitter, Instagram and Facebook [@drlynnkenney](#).

Interact, learn and grow, we do so together.

With joy and gratitude,

Dr. Lynne