



Dear Colleagues,

Thank you for joining us for the 6-hour 30 Proven and Effective Self-Regulation and Executive Function Strategies course.

It is my joy to work with you to bring science-based cognitive-motor movement and executive function skill coaching strategies to your classroom, clinic, and home.

Since 1985, I have enjoyed creating movement activities and developing cognitive improvement strategies with children. After I earned my master's degree in Physical Education from the University of Southern California in 1986 and my Doctorate in Psychology from Pepperdine in 1992, beginning in 1994, I would bring a rolling sports travel bag to students' homes full of polypots, balls, bean bags and worksheets. At the time, we called that tool kit, The Kinetic Classroom.

It's been my good fortune over the past 10 years to write about and teach the cognitive, behavioral, social-emotional and movement activities created with my colleagues, Mike Kuczala, Wendy Young, Ashley Ezell, Sue Milano, Rebecca Comizio, Megan Garcia, and with the many children and teachers with whom we have worked. We are excited so many educators, parents and clinicians around the world are interested in applying current neuroscience research in education.

The research is clear, classroom physical activity engages cognition and improves achievement (Schmidt et al., 2017; Álvarez-Bueno, et. al 2017; Watson, et. al 2017.) The scientific question we pose is what types of activities in what dose and duration work for which kinds of students (and even adults). As we refine our activities, we actively study these questions. The report on the current state of Executive Function research is written by Brain Futures, I highly recommend you read it. The link is below.

What You Will Find in this Course

To support your good work we are providing you with the following educational materials:

Slide Deck and Videos:

Presentation videos that take you through the 212-slide deck. These videos are divided into three parts for ease of use.

The slide deck is provided to you in two formats, the full slides so that you may see everything clearly, as well as a handout with four slides per page you may print out for note taking if you wish.

Activity videos, usually of me, speaking with you about specific concepts or modeling activities for you. Some of these I have made for our practice, so on occasion, I am speaking to the students.

Classroom activity videos with the students at our lab schools showing you how these activities are done in real life, often with students I have only met that day for the first time. We are deeply appreciative to the students, parents, teachers and administrators at Tarwater Elementary School and St. Francis Xavier School for helping us develop these training videos.

Pre-Publication Materials:

Included in your training are Pre-Publication EF Coaching & Cognitive-Movement Program PDFs and coaching strategy sheets. These are for your use. You are free to do the activities with your clients, students and even with your colleagues. Please just do not put them online or on a website or make them public in any way, as this presents legal issues for my publishers.

As you will see in the classroom videos we often project the individual pages on the whiteboard or screen when the students do the activities. You are welcome to do so as well.

The MindGarden:

The MindGarden document in your course materials has the names and websites of many of the clinicians, scientists, researchers and teachers whom I mention in the videos.

Playlist:

My public youtube channel has some of the videos you can show your colleagues or parents if they wish to do the activities. You can find it here:

<https://linktr.ee/drlynnekenney>

Other Scientists Videos:

Here are four videos I mention in the course for your viewing as well.

Bruce Wexler, MD Executive Functions and ACTIVATE <https://youtu.be/lwnJ0uv40Xk>

The Linguistic Genius of Babies | Patricia Kuhl <https://youtu.be/G2XBlkHW954>

Dr. Octavio Choi Neuroscience and Law <https://youtu.be/SvBfAqk70LU> has a good overview of the brain

The Neuroscience of Memory - Eleanor Maguire <https://youtu.be/gdzmNwTLakg>

[The 2019 Brain Futures Report](#)

In closing, for those of you who wish to read the research or delve more deeply into over 100 more resources I have curated, please email me and I shall add you to my private dropbox drlynnekenney@gmail.com. There also many free tools and downloads on my blog www.lynnekenney.com.

Looking forward to learning and growing with you all, please do stay in touch, I will so enjoy hearing how things go for you all.

With Gratitude,

Lynne Kenney, PsyD