



# Sam Songs

Self-Control  
Attention  
Memory

Lynne Kenney 2019; 2020  
The Kinetic Classroom Initial Pilot

## **Musical Thinking on The Kinetic Classroom - The SAM Songs**

### LICENSE AGREEMENT - Move2Think, LLC

Your access to this pre-publication digital book grants you a license for your personal and professional, non-commercial use only. You may print portions or all of this digital book on paper, for use with your students or clients during the pilot phase of this study. You may project also the pages in this book on a smartboard for ease of use. You agree not to make digital or printed copies for re-sale. You shall not make this digital book accessible, in whole or in part, to others for download via email or online. This digital book license cannot be transferred, sublicensed or sold. Violations of this agreement subjects you to possible legal action.

#### Prepublication Note

This publication is designed to provide accurate and authoritative information about the subject matters covered. It is provided with the understanding that neither the authors nor publisher are rendering mental health, legal, medical or other professional services or advice, either directly or indirectly. If expert assistance, counseling, or legal services are needed, the services of a competent professional should be sought. Neither the authors nor the publisher shall be liable or responsible for any loss or damage allegedly arising as a consequence of your use or application of any information or suggestions in this book.

Copyright © 2019; 2020 by Lynne M. Kenney, PsyD

Move2Think, LLC  
14550 N. Frank Lloyd Wright Blvd Suite 120  
Scottsdale, Arizona 85260

All Rights Reserved. No part of this book may be reproduced, scanned, or distributed in any printed or electronic form without the express written permission of the publisher.

Failure to comply with these terms may expose you to legal action and damages for copyright infringement.

# You're In!

## The Kinetic Classroom NEW Musical Thinking Activities SAM SONGS Pilot

Before our new programs go to publication we shall pilot them in classrooms in Paris, the United Kingdom, Delaware, Greece, the Philippines, South Africa, Australia, Los Angeles, Boulder, Phoenix, Boston, Minnesota, Baton Rouge, Atlanta and more.

As a participating classroom or clinical practice your feedback on the ease of use, ability of your students to follow the cards and response to self-control, attention, or memory (SAM) is invaluable to us. We improve everything from images to movement timing based on your feedback.

Here you will find 8 of the 24 songs pending publication. Thank you for using them to see how students respond. We wish for them to be fun, informative and engaging.

While our interest is primarily in helping improve the trajectory of children's learning in Title I schools, we are aware that many children can benefit from rhythmic songs to teach valuable lessons about cognition.

Neuroeducation is quite a new field of research, inquiry and intervention. Developing activities to improve self-regulation and executive functions takes time and practice. By participating in our pilot, you will help us refine our cognitive-physical and executive function coaching programs to shift a generation.

### **What You Do:**

Listen to the videos with the songs on youtube under Musical Thinking – SAM SONGS.

**Download** this pdf and project the pages on your smartboard.

**Sing one song at a time** with your students then let them teach others.

**Let us know on our facebook group** how it goes!

# Hey Attention!

Hey **ATTENTION**, how are  
YOU?

*Wake up* we have much  
to do

**FOCUS** on what's  
important

Turn on your headlights take  
it in

Thank you **ATTENTION** you  
are my friend

Now the learning is about to  
begin

# Wait!

*Wait, wait, wait it out*  
**THINK ABOUT IT FIRST**

**Before you do anything**

It's *smart* to think it out

**When you get the urge to act**

**You can wait and think**

**All the possibilities**

**Result in different things**

**You want what you do**

**To be good for all**

**When you wait and you think**

**Things will turn out well**

# My Elephant

My Elephant can SEE for Miles

he thinks and plans all day

with eyes up and focused

his plan will guide his way

# My Thinker

My THINKER makes

GOOD CHOICES

**MY CAVEMAN**

POPS HIS TOP

I have to use

my THINKER to help

**MY CAVEMAN STOP**

# I am Planning

I am *planning*  
I am *planning*

Thinking it out  
Thinking it out

What do I do in order?  
Planning out the steps

Beginning, middle, last  
Beginning, middle, last

# Associative Thinking

## ASSOCIATIVE THINKING

when my brain rambles on  
The thoughts come too quickly  
I need to slow them down

I take *a breath*

And recognize

My thinking is too fast

*I focus on a thought at a time*

And make that *meaning last*

It's great to think in creative ways

Yet one thought at a time

*I am my brain's best  
helper*

I keep my thoughts in line

# The Ready Position Song

Head Shoulders Hips and  
Knees

Hips and Knees

Head Shoulders Hips and  
Knees

Hips and Knees

Chin up tall

Belly in and

Tailbone down

Head Shoulders Hips and  
Knees

Hips and Knees

# Volcano

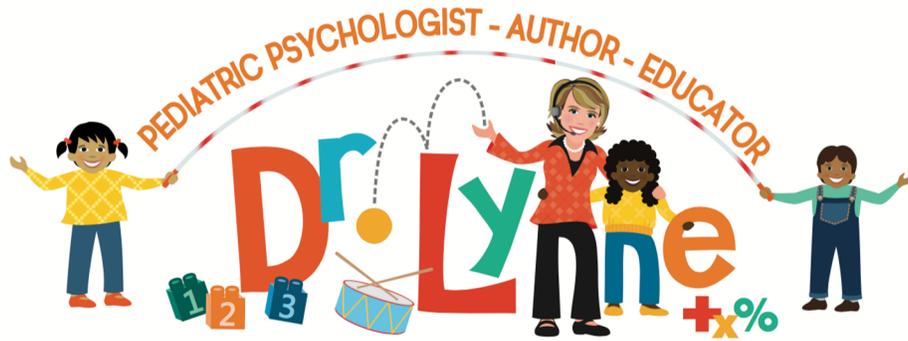
Volcano, volcano, I'm  
gonna pop my top!

Volcano volcano won't you  
help me stop?

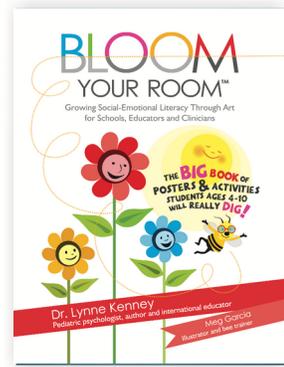
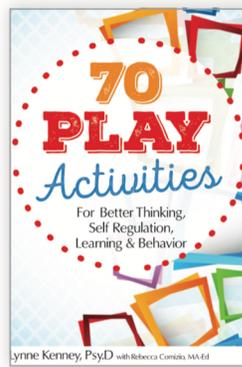
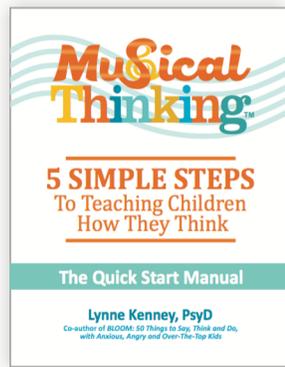
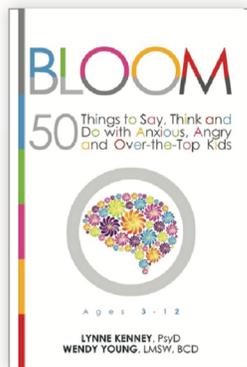
Use my calming skills, help  
me take deep breaths.

Volcano, volcano I'm not  
gonna pop!

## More from the author



Some of our friends you'll meet right here,  
some you can meet in other ways we hope you'll find as dear!



[www.lynnekenney.com](http://www.lynnekenney.com)