



# Spotlight

Lynne Kenney, PsyD  
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# Spotlight

“Spotlight” is the visual-motor activity program that engages attention, memory, self-regulation and social relationships by helping children THINK while they move.

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#TheKineticClassroom  
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# Spotlight

## Meet Spotlight

Spotlight is an engaging visually-based 5-minute physical activity program for students and adults (ages 5 and up) that engages attention, memory, self-regulation, and social interaction by requiring you to think while you move. Reading the cognitive-visual-language in order to move in a coordinative, rhythmic pattern engages cognition.

## The "Anyone, Anywhere" Visual Cognitive-Motor Activity

A flexible "for anyone" program, Spotlight can be implemented easily with no equipment, in a brief time-frame with little training. While we focus on school-aged children, we have adapted Spotlight for seniors, sports teams, and office settings.

## What are the Spotlights?

The Spotlights are colors that communicate one movement per beat, 4 beats to a measure, 16 beats to a page. We call each page a Sequence. Each Sequence consists of patterns of movement that participants can mix and match over time. As students develop better beat competency, you can add rhythm to your movements by adding pauses, doing movements in half-time or double time or by changing tempo.

## Musicality

You don't need to be musical to play Spotlight. Our experience doing Spotlight with hundreds of students is that the children are naturally rhythmic and creative, they will offer ideas or make suggestions almost immediately.

## The Color Code

Each color represents a move with a body part. Red = right foot, blue = left foot, yellow = both hands, purple = right hand, green = left hand, and orange = free move. You may move with the body part any way you choose. Initially, we step or stomp, clap and tap to get the activity started.

## Cognitive Cueing

While you are reading the Spotlights and moving together on the beat, it is helpful to use your voice to cue your movements. Cueing is like a scaffold for the brain, it enhances your ability to keep the beat.

# Spotlight

## How to Cue

Generally, we cue in three ways, by counting, saying the colors or naming our moves. Initially, simply counting out loud together 1 2 3 4 as you move to the Spotlights helps the students keep the beat. Students also enjoy saying the colors of the Spotlight, Red Blue, Red Blue, Red Blue, Red Blue. When you see a Spotlight that has two colors the students say, "Mixed Move" signifying that they are moving two body parts at the same time. As you can see in our student videos, naming your move is helpful as well. In this type of cognitive cueing the students will say, "Right, Left, Right, Left, Right, Left, Right Left," or "Right, Tap, Left, Clap, Right, Tap, Left, Clap." You can see the videos under The Kinetic Classroom Playlist on youtube <http://www.youtube.com/c/LynneKenney>.

## A Bit About Tempo

As a class, dyad or team, you can choose a tempo or pace that suits you. Generally, we move more slowly on the beat together as we are learning to read the patterns. Once students feel confident in their beat competency, you can speed the movements up a bit.

## When to Play Spotlight

Spotlight can be done anywhere, anytime **in 5 minutes or less**. Spotlight can be done to alert or calm the brain before a learning experience, daily activity, homework, art or musical performance, sporting competition or to simply bring the brain and body into mindful intention throughout the day.

## Where to Play Spotlight

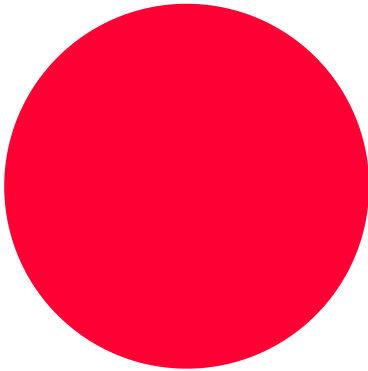
Spotlight can be played at circle time, centers, before a study session, before a test, at lunch, in P.E, at home, in the clinic, on the playground, on the sports field, in the team room, clinic, office and more.

## Why Play Spotlight?

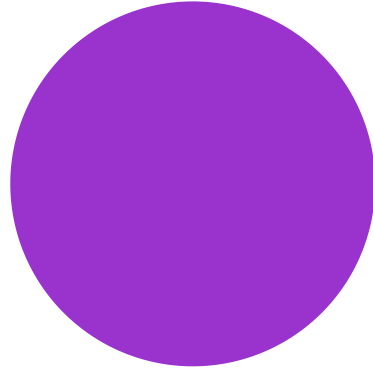
Research studies show that when one executes coordinative motor tasks with simultaneous cognitive components, aspects of thinking including attention, memory, and self-control are engaged increasing mindful awareness, focus, readiness to learn and academic performance. With Spotlight, we created visual-cognitive-motor activities anyone can do "on the spot" to improve physical health and cognition at the same time, as "We Move Together in Time while Thinking".

# Spotlight

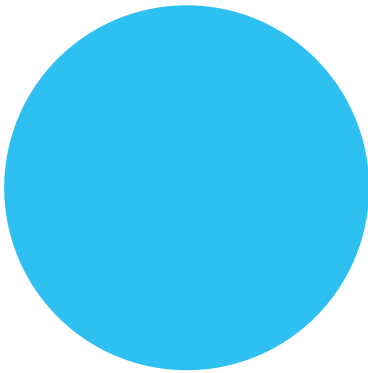
The Spotlights tell you which body part to use. They represent quarter notes in 4/4 time. Move to the Spotlights with a steady beat.



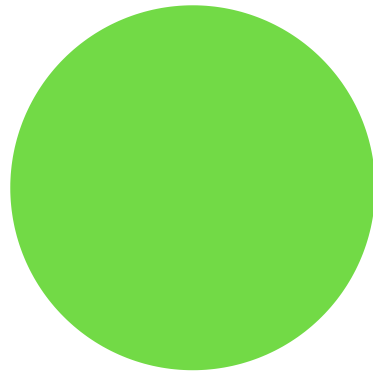
Red = Right Foot



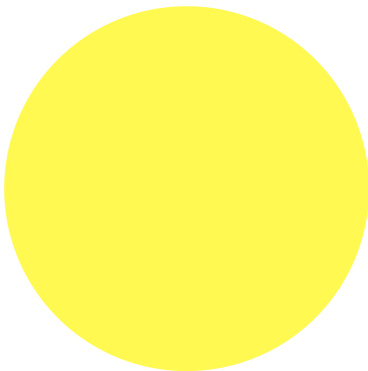
Purple = Right Hand



Blue = Left Foot



Green = Left Hand



Yellow = Both Hands



Orange = Free Move

# Spotlight

## Getting Started NOW

Introducing Spotlight is easy.

Tell your student, class, team or client you are going to play a game called, Spotlight.

Project Sequence 1 on a wall, show it on your phone or print and laminate the page for the participants to see as you describe the game.

"In Spotlight, we read the pattern and the spotlights tell us which body parts to move."

"When we see the red spotlight, we do something with our right foot."

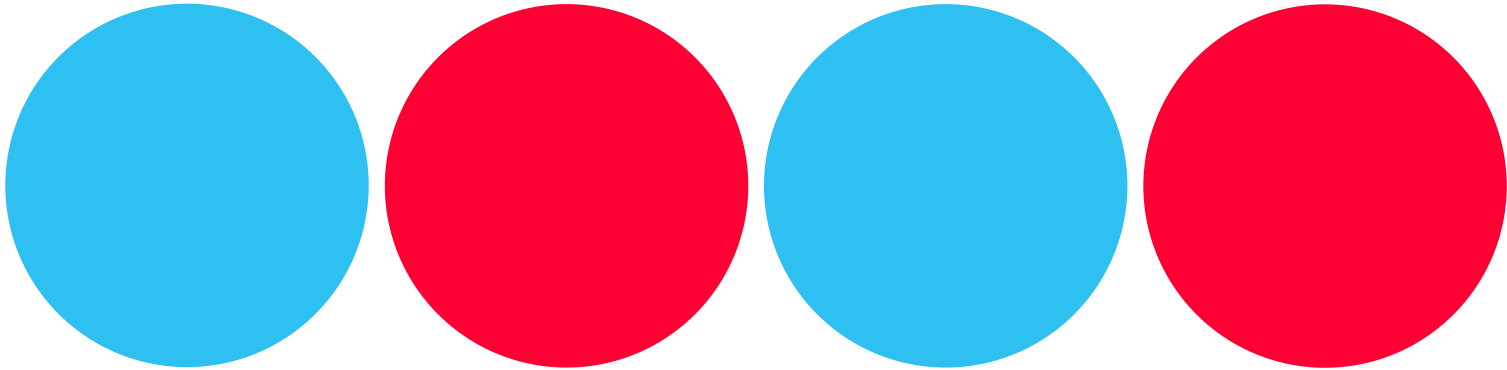
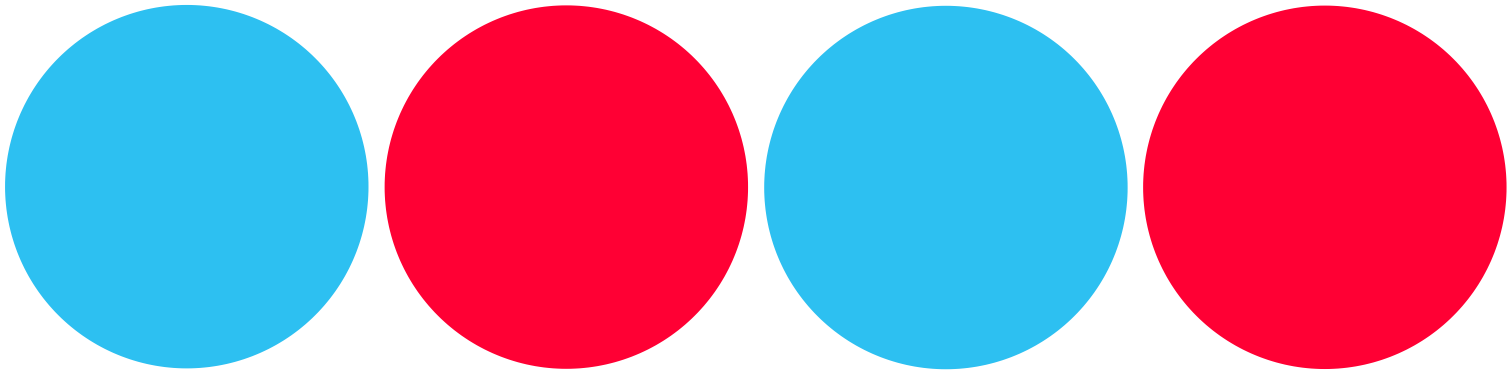
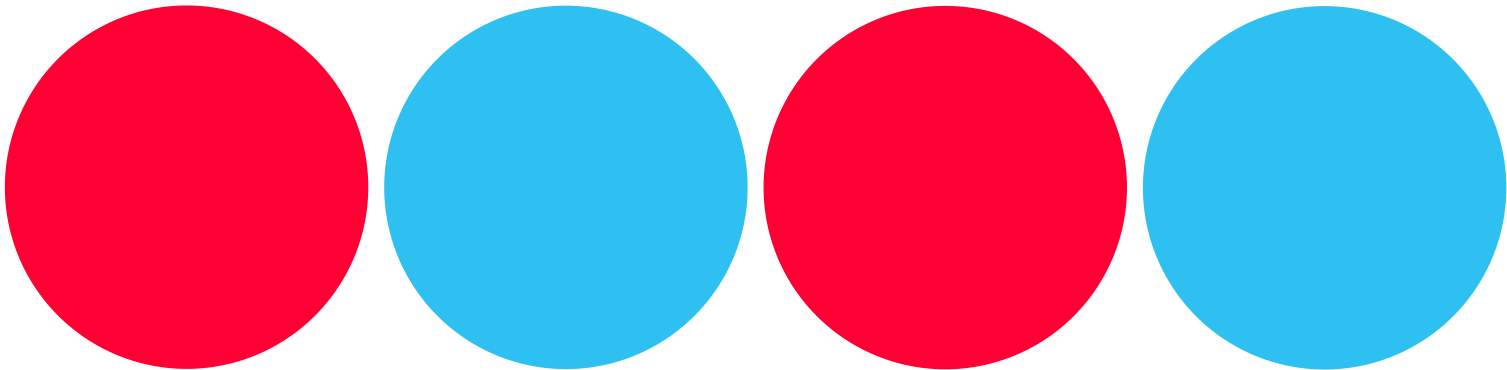
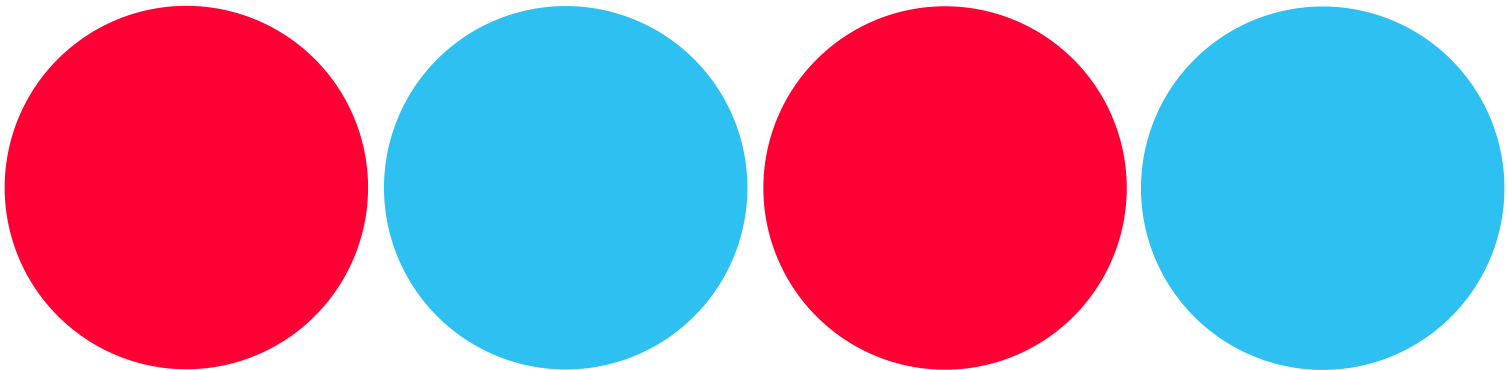
"When we see the blue spotlight we do something with our left foot."

"To start let's step with our right foot and our left foot. We can choose other moves as we become better at stepping, marching, and stomping on the beat."

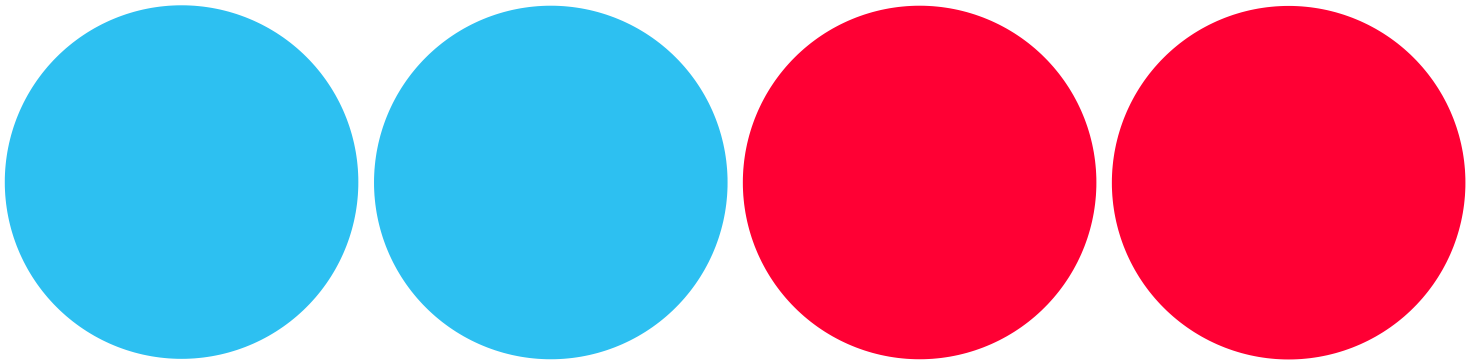
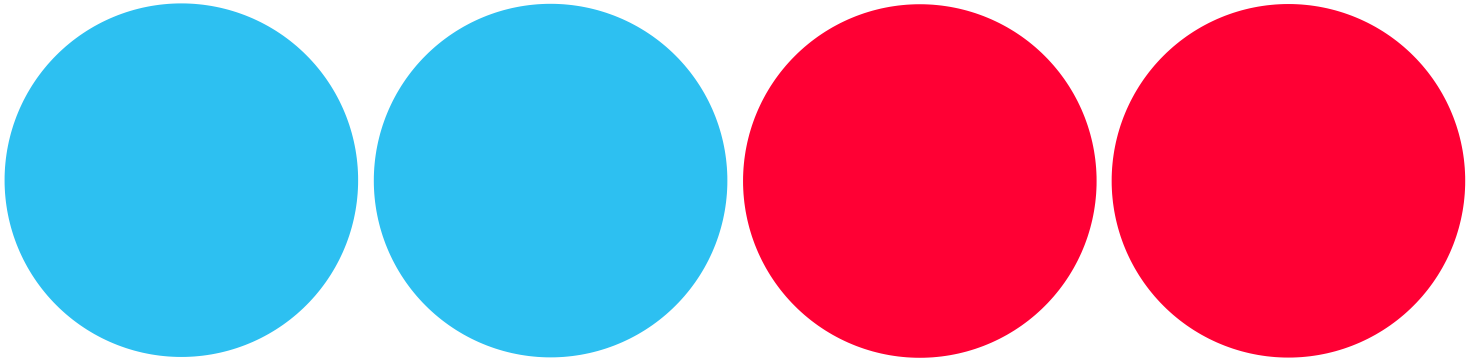
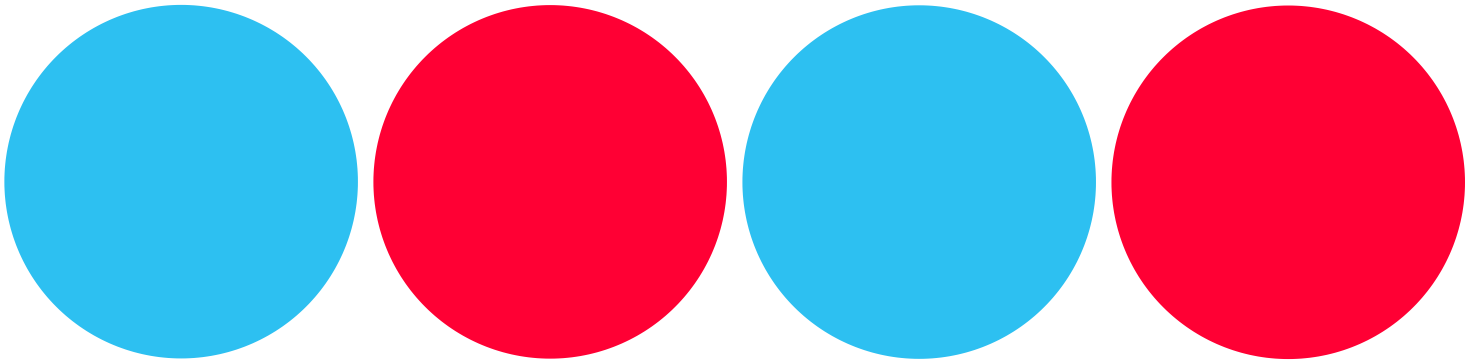
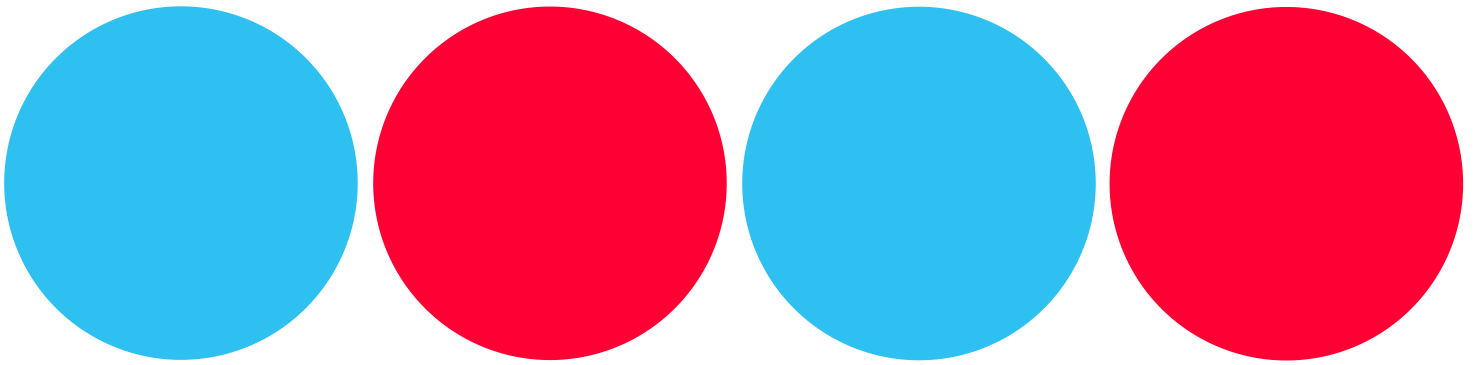
"The important thing is that we focus on having each foot touch the ground on the beat. We try to move together like a musical band one beat at a time."

Here is a song to help us remember, "We're stomping to the beat, we're stomping to the beat, every time we match the beat our foot hits the ground."

"Let's look at the Spotlights and move together on the beat. We can count out loud, 1 2 3 4 to help us stay on the beat together."



Sequence 1



Sequence 2

# Ready For More Moves....

## Adding the Yellow, Purple, Green and Orange Spotlights

Once the participants are able to step, march or stomp to Elements 1 and 2, tell them, "We have four more spotlights. On the yellow spotlight, we use both hands (clapping initially). On the purple spotlight, we use the right hand, on the green spotlight we use the left hand (tapping, snapping or waving - jazz hands initially). With the orange square we have a free move, so we can make up our own."

Show the participants Sequence 3 and step, march or stomp through the page adding a two-handed clap on the yellow spotlight and a right-handed snap or hip tap on the purple spotlight and so on.

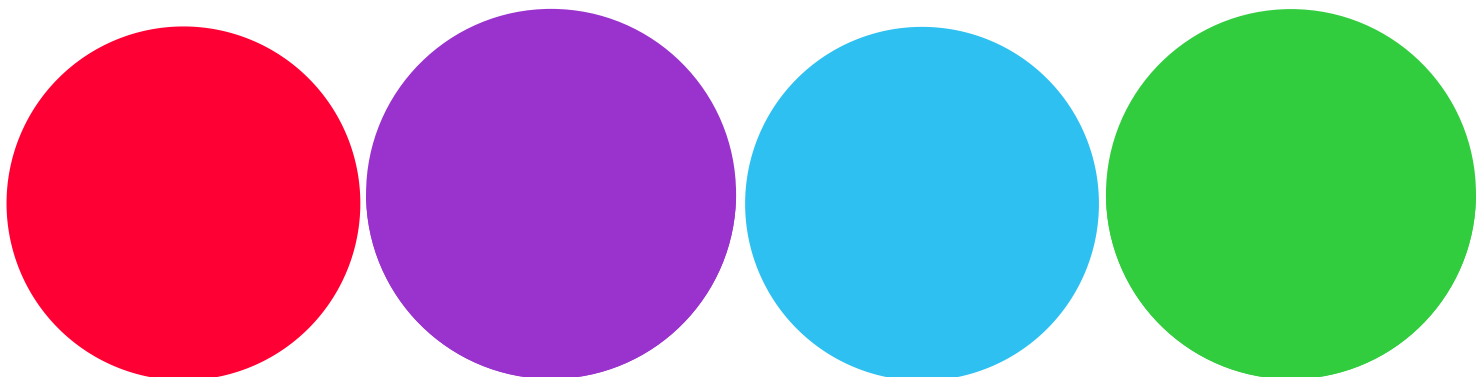
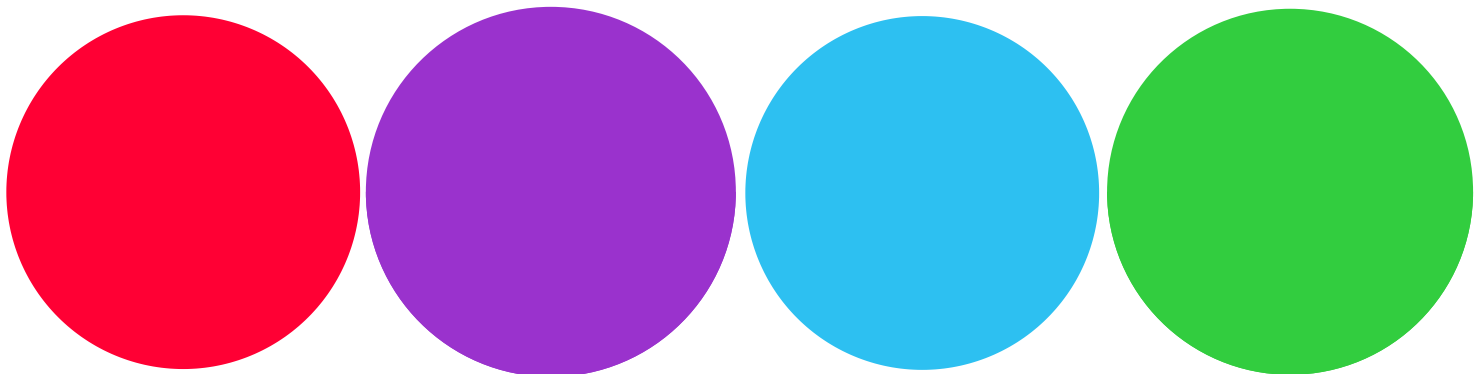
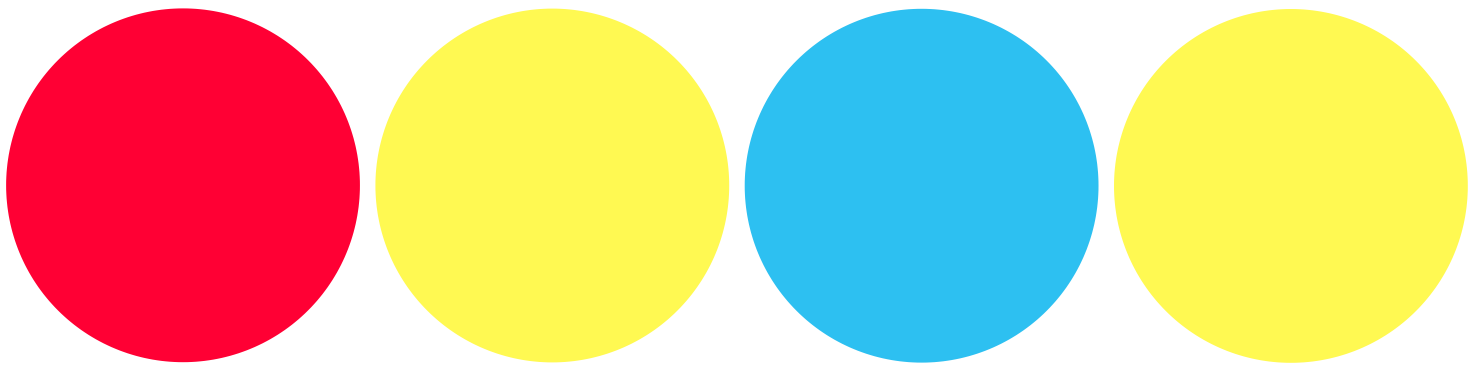
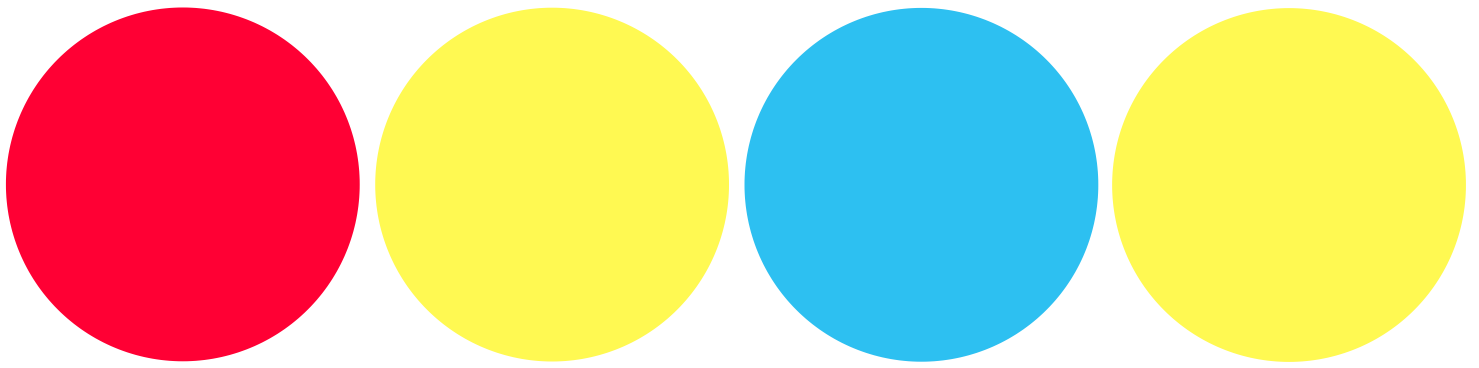
Focus on stepping to the beat in a coordinative manner as you move through the pages. Spotlight doesn't prescribe what you "must" do with your hands or your feet, you can begin with our basic movements (step, march, stomp, tap, hand clap, hand wave & snap) to get started. Over time, with practice, you shall use any other movements your participants choose, simply match them to the spotlight. **Beat matching in time, with tempo, together is the magic.** Take your time, laugh a lot and have fun!

## Multiple Colors and Free Moves

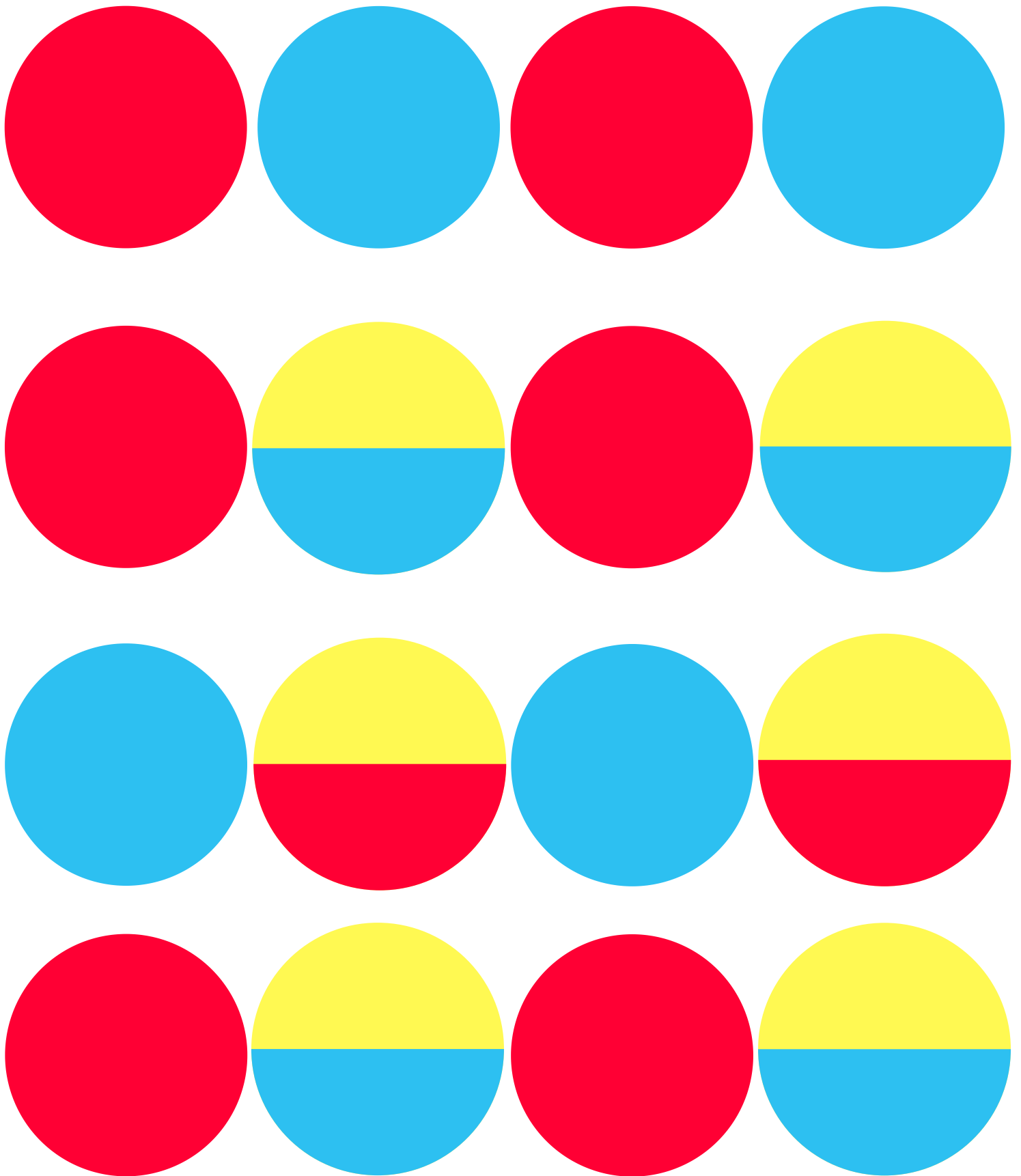
As you move through the Sequences you will see colors vertically and horizontally combined. You may have so much fun moving in different directions (forward, backward, in a circle, in a square etc) or letting the participants create their own movements (knee up, double tap step) and lead one another, that you may not even need to go onto the more advanced Sequences. If you do, here's the scoop.

If two colors are horizontal, such as yellow over blue, that means do something with both hands, initially you can clap while you stomp on your left foot. If you see two colors vertically such as red and blue that means use both feet at one time such as a squat or jump.

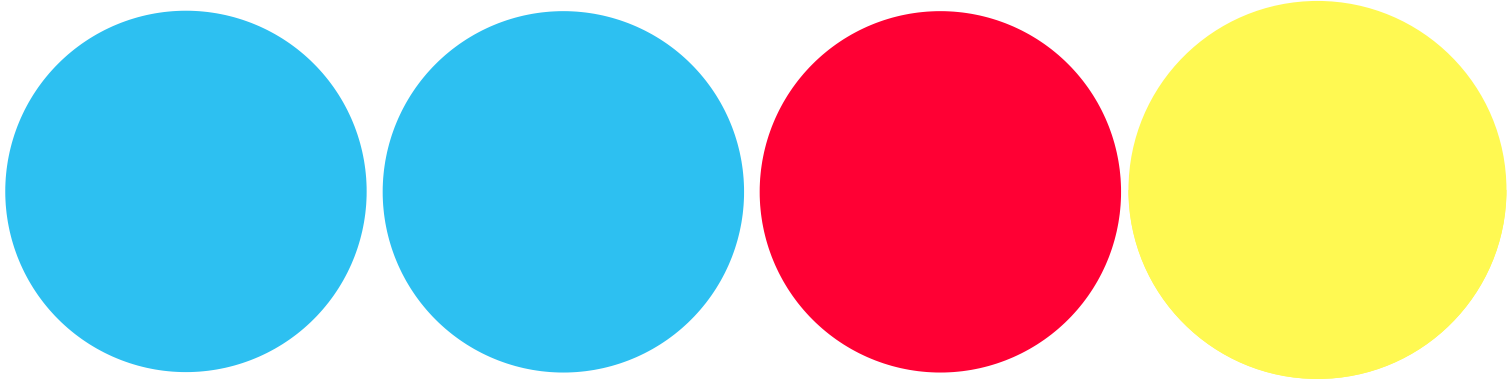
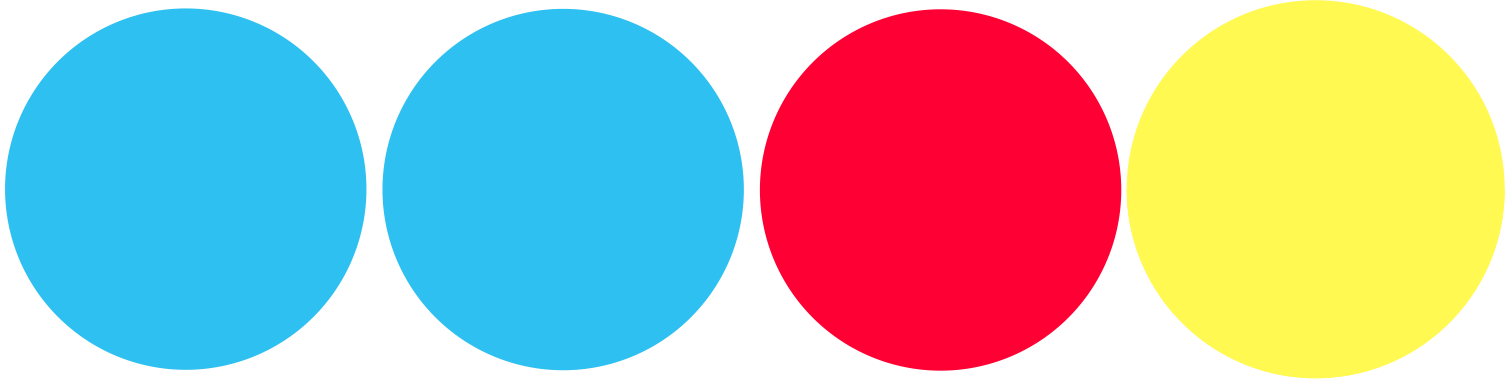
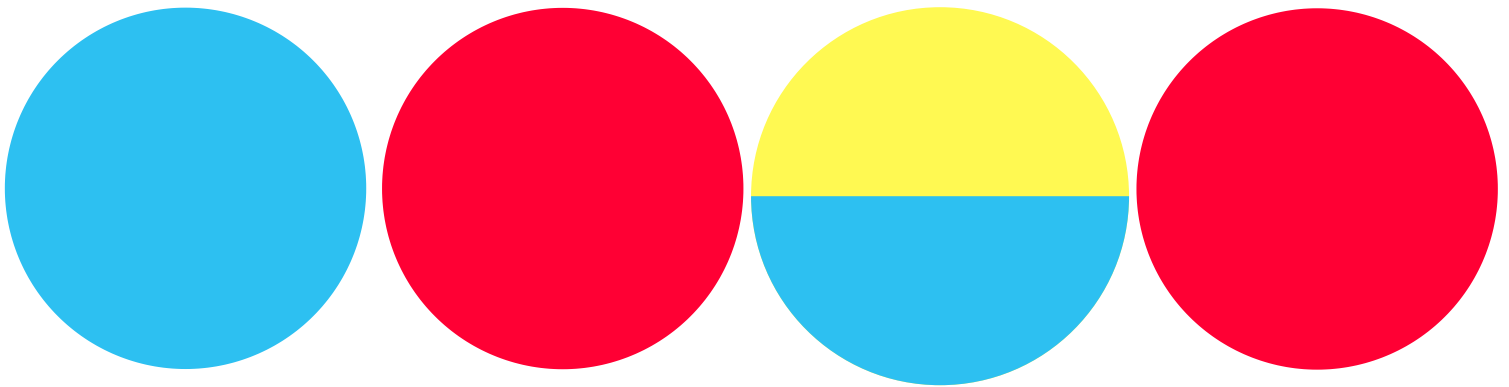
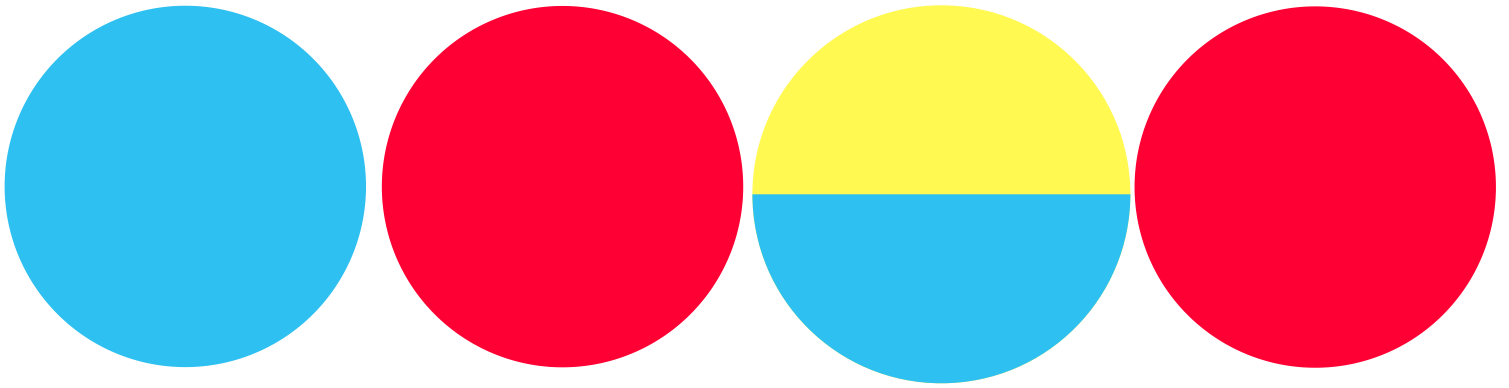
When you all become able to move in time on the beat, together, you can keep going through the Sequences and add the orange square which is a free move. Feel free to do Sequences 1-3, two or three times in a row, the repetition helps learning. Once you are able to move to the patterns with beat competency, you can move on to other sequences. Some classes, mix and match the sequences for greater cognitive-motor complexity.



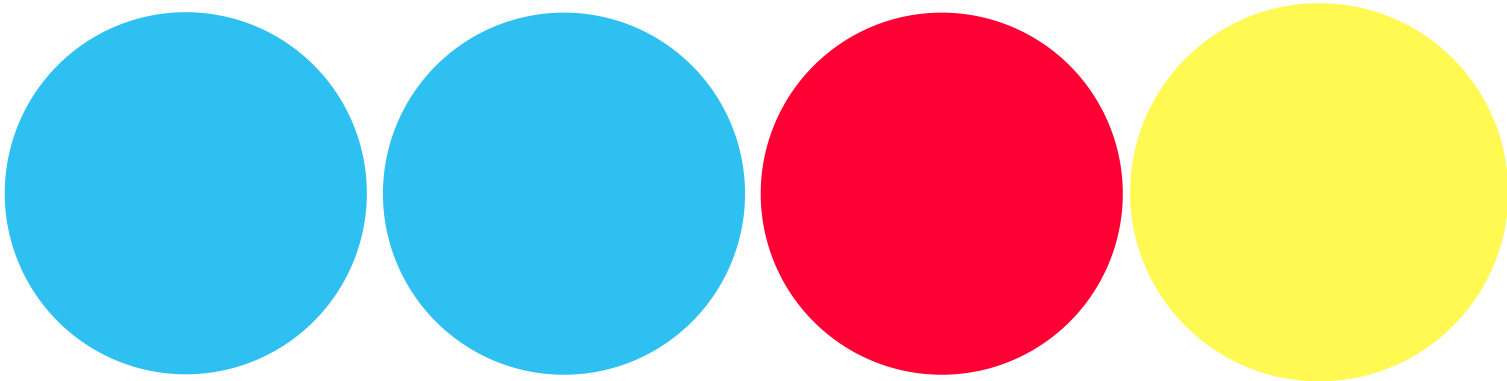
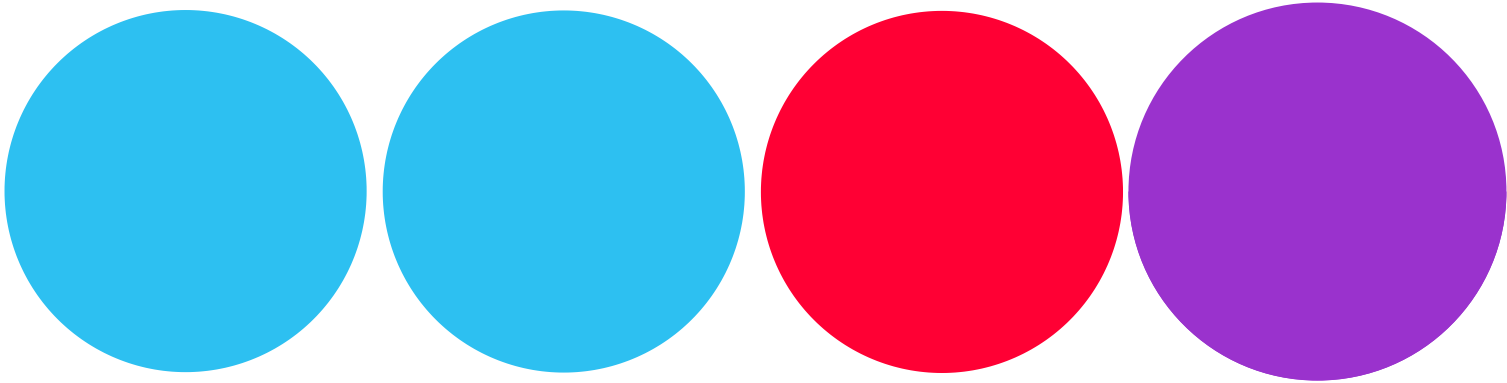
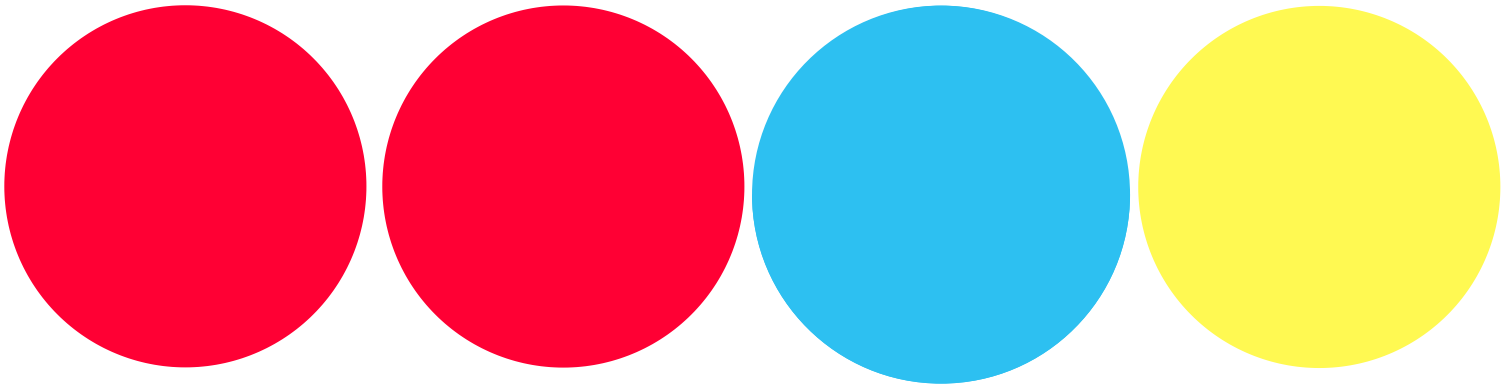
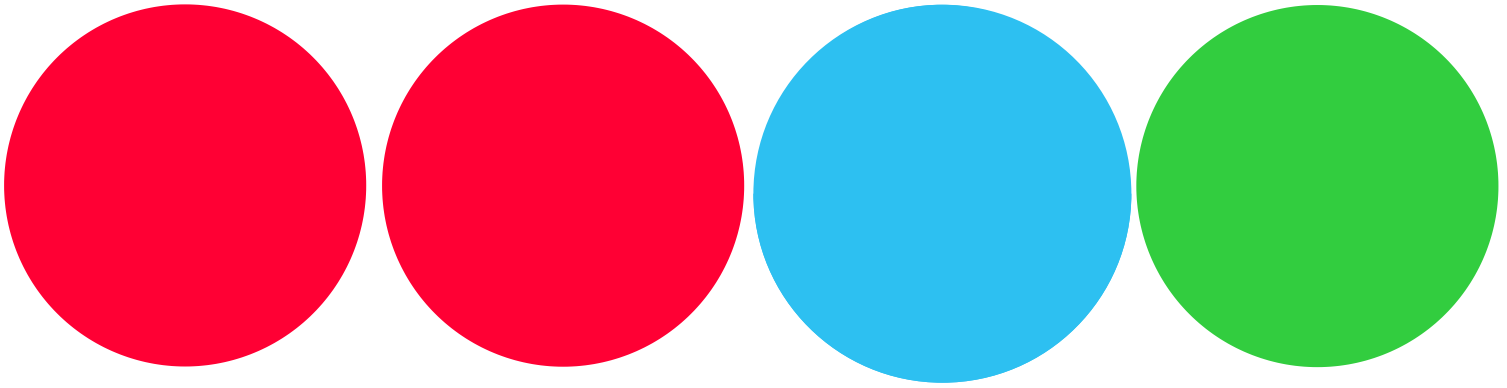
Sequence 3



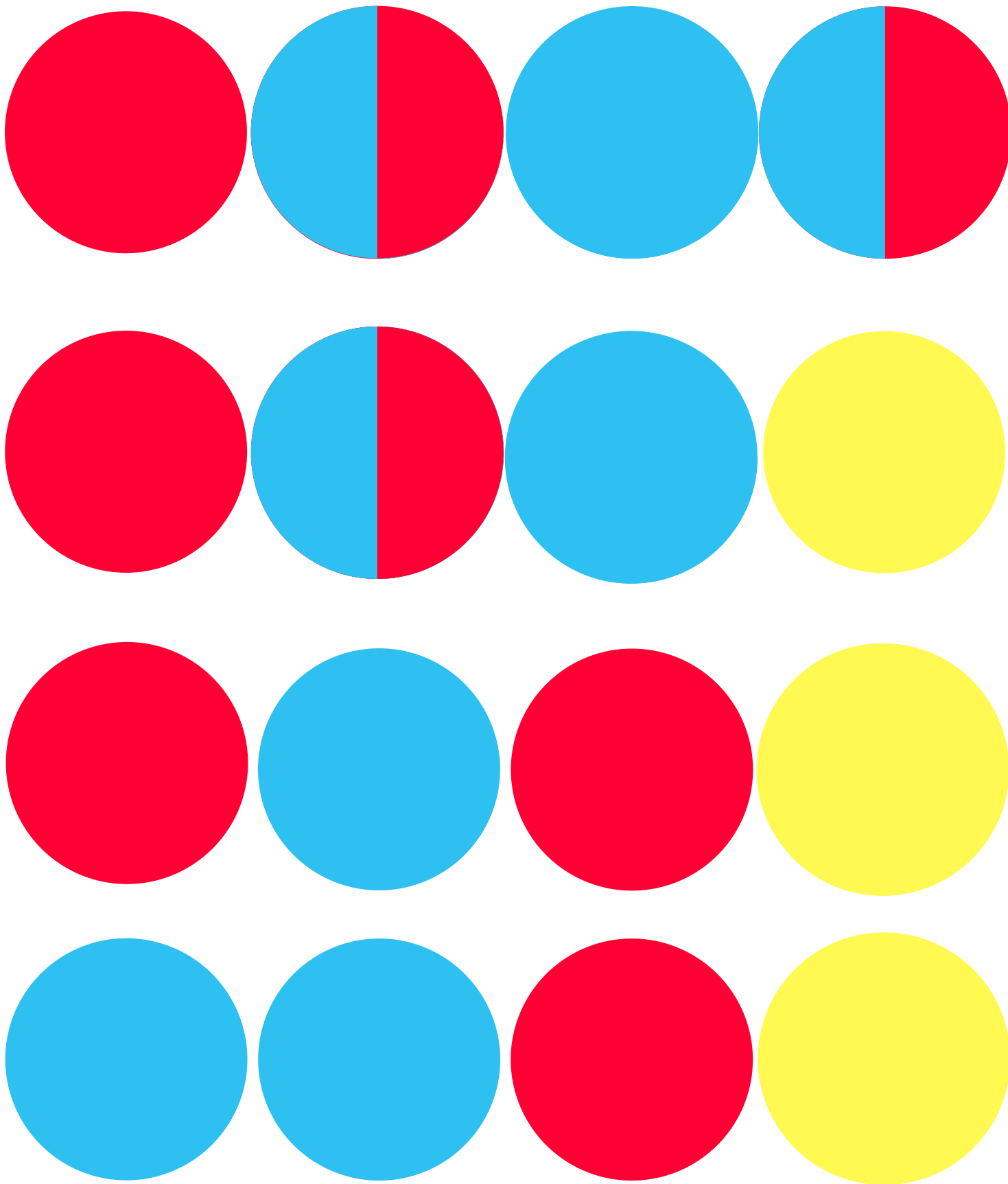
Sequence 4



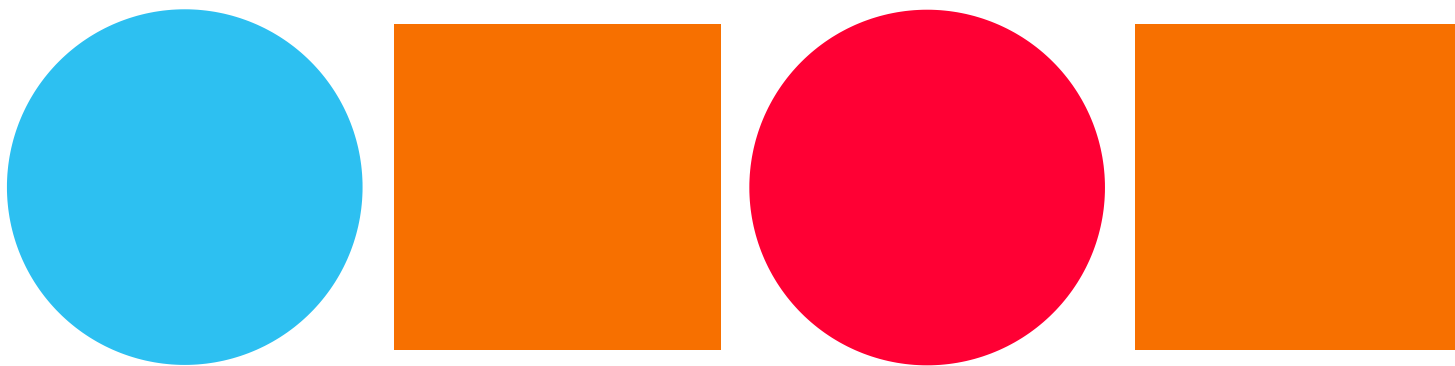
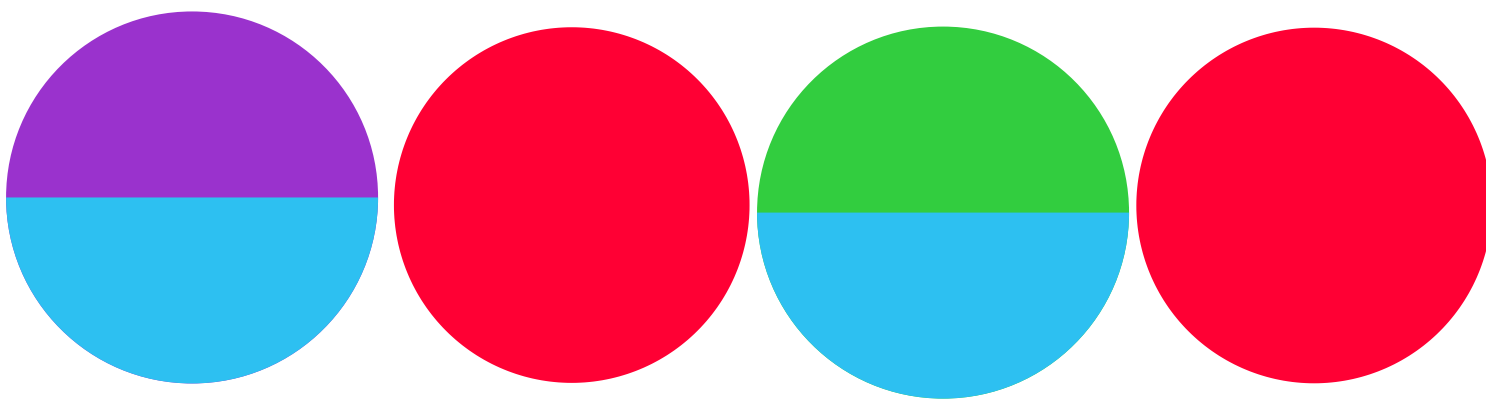
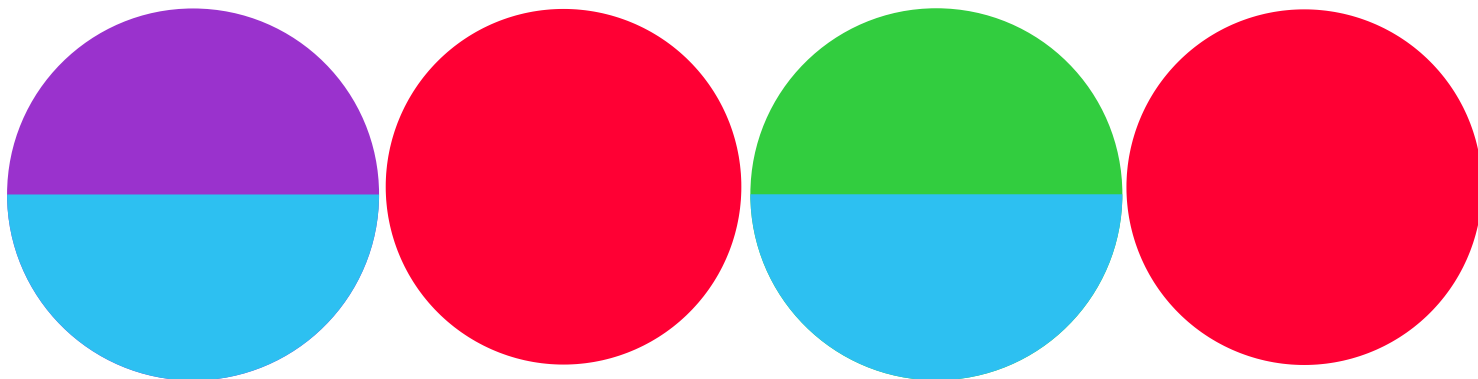
Sequence 5



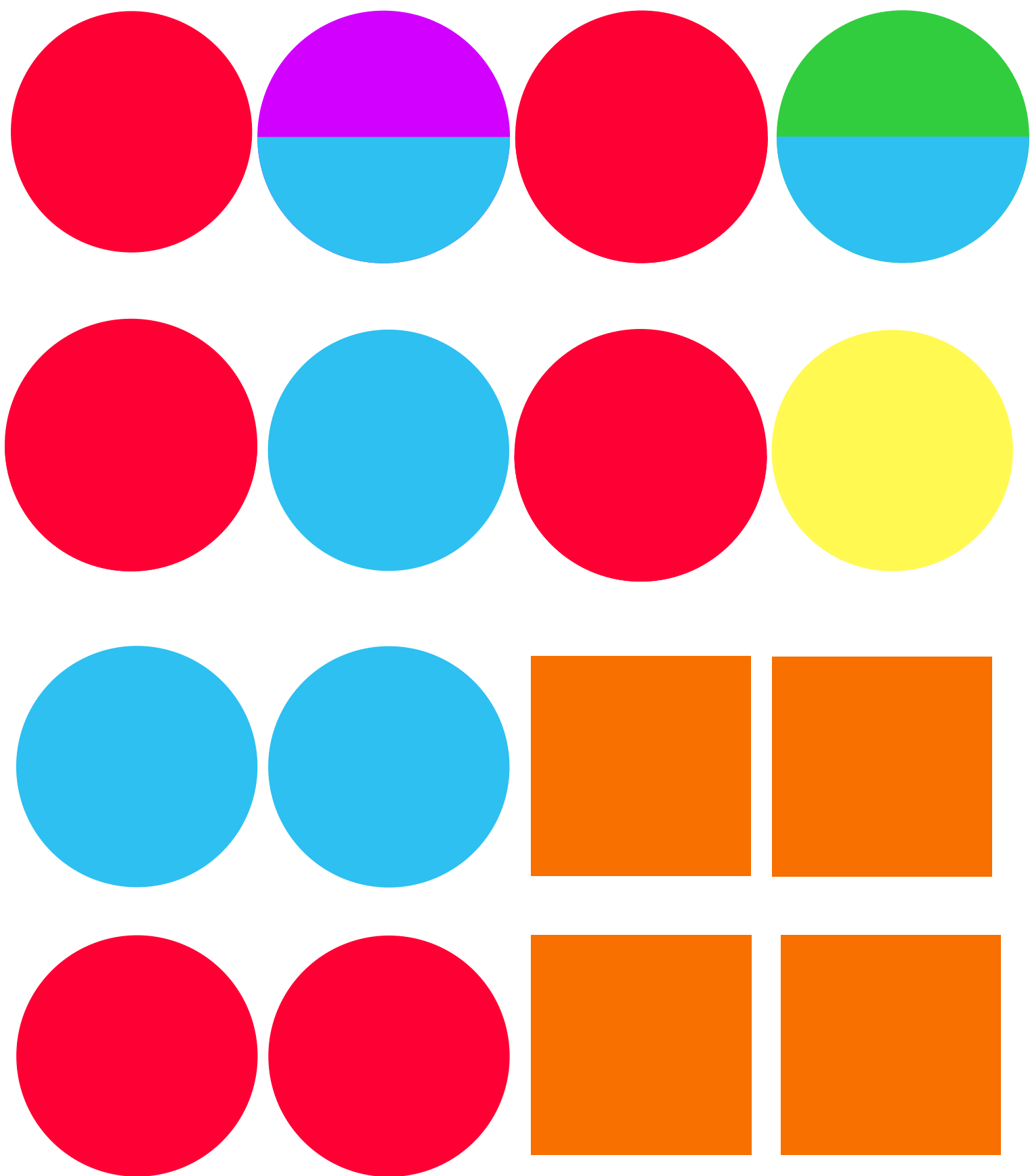
Sequence 6



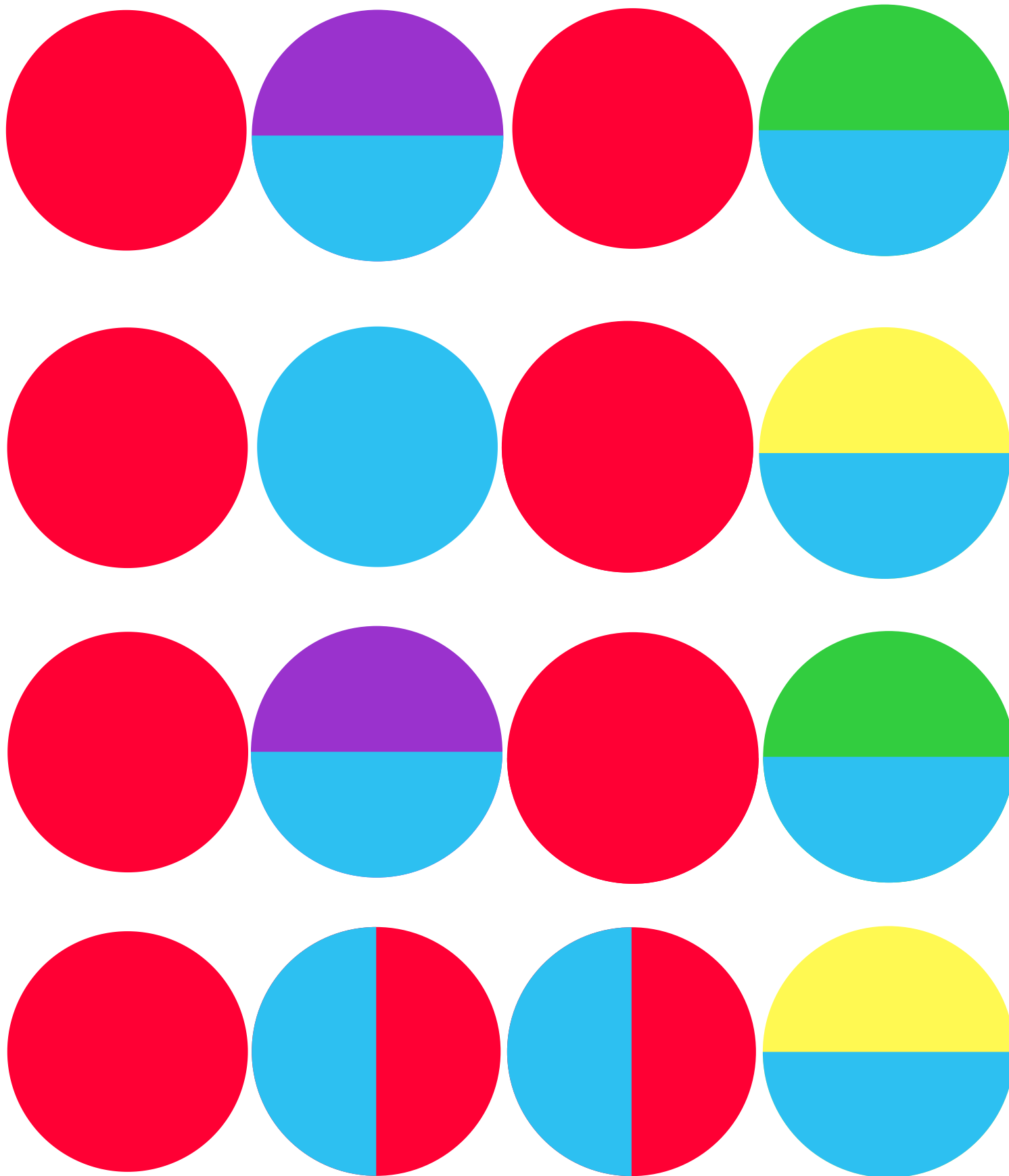
Sequence 7



Sequence 8



Sequence 9



Sequence 10

# Spotlight

## Creativity, Flexibility, and Engagement

It has been my pleasure to play Spotlight with hundreds of children and adults. Spotlight can be as simple or complex as your learning group makes it. The key is to introduce the concepts and then let the participants create, lead, teach and mentor one another. There is no "one way" to do Spotlight. We lay down some foundational concepts such as beat matching, tempo, rhythm and teamwork with Sequences containing patterns the brain enjoys.

Above all, we play with joy and flexibility. We help one another along and lift one another up. We play as a team and aim to move as ONE orchestra. As long as the participants are doing coordinative movement on the beat, their brains are engaged and they are learning. When your participants show "beat competency," that is, the ability to match their movements to the beat you are ready to move on to a new Sequence.

Our motto is, "I teach you, you teach others, everyone teaches one another." Therefore, you teach the Sequence then let your participants, create, and teach one another.

## The Variations are Endless

We have played Spotlight with first graders, alternating their hands in the air over their desks while seated (purple, green spotlights). We have done right hand, left hand, right hand, left, pause. We have walked up the stairwell in a classroom "In the Spotlight" and even played with a 72-year-old grandmother of one of our students. Make your own sheets, add other colors for more variations if you wish. Most of all - Have fun and enjoy!



We are grateful to the students, teachers, and leadership at our partner schools Tarwater Elementary School and St .Francis Xavier Elementary School in Arizona who generously worked with us to create cognitive-motor activity videos. When you see the students in action, Spotlight comes to life. Watch the students playing Spotlight here <https://www.youtube.com/c/LynneKenney> simply copy the link and paste into your browser.

You can find more Spotlight videos and executive function skill lessons on The Kinetic Classroom, our online professional development platform for educators and clinicians who wish to use some of the over 100 activities in our books *70 Play Activities & Musical Thinking* to improve student attention, memory, self-regulation, and social-relatedness.

Simply go to our website [www.lynnekenney.com](http://www.lynnekenney.com) and click on The Kinetic Classroom or go straight to the platform at **[kineticclassroom.teachable.com](http://kineticclassroom.teachable.com)**.

As you play Spotlight, message us on social media @drlynnekenney and let us know how it goes. We truly care.

Thank you warmly for all you do on behalf of children and their families. You are now an ambassador for movement in the classroom, feel free to spread the word. We can build cognition with coordinative cognitive-motor patterns and sequences.

With gratitude and joy,

Lynne Kenney, PsyD

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