



5 SIMPLE STEPS

To Teaching Children
How They Think

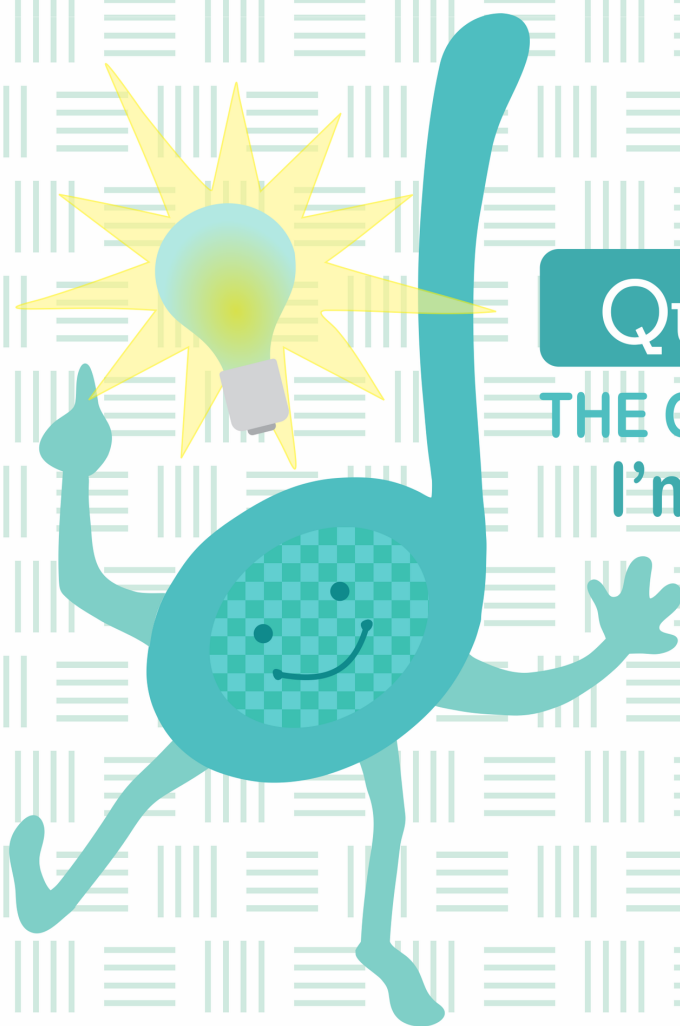
The Quick Start Manual

Lynne Kenney, PsyD

Co-author of *BLOOM: 50 Things to Say, Think and Do,*
with *Anxious, Angry and Over-The-Top Kids*

MuSical Thinking™

By Lynne Kenney, PsyD



Quick Rick

THE QUARTER NOTE
I'm recalling!

MuSical Thinking™

By Lynne Kenney, PsyD



Slow Mo

THE HALF NOTE
I'm encoding!

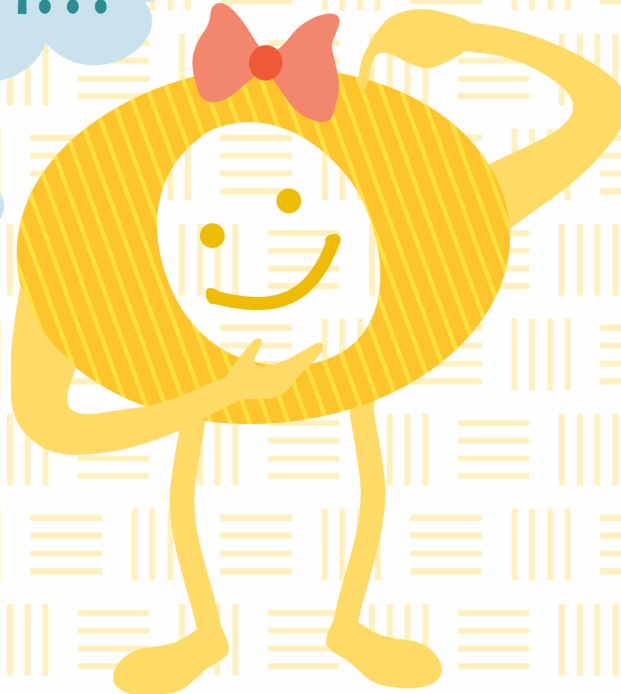
MuSical Thinking™

By Lynne Kenney, PsyD

Hmmm
mm...

Thinkerbell

THE WHOLE NOTE
I'm thinking!

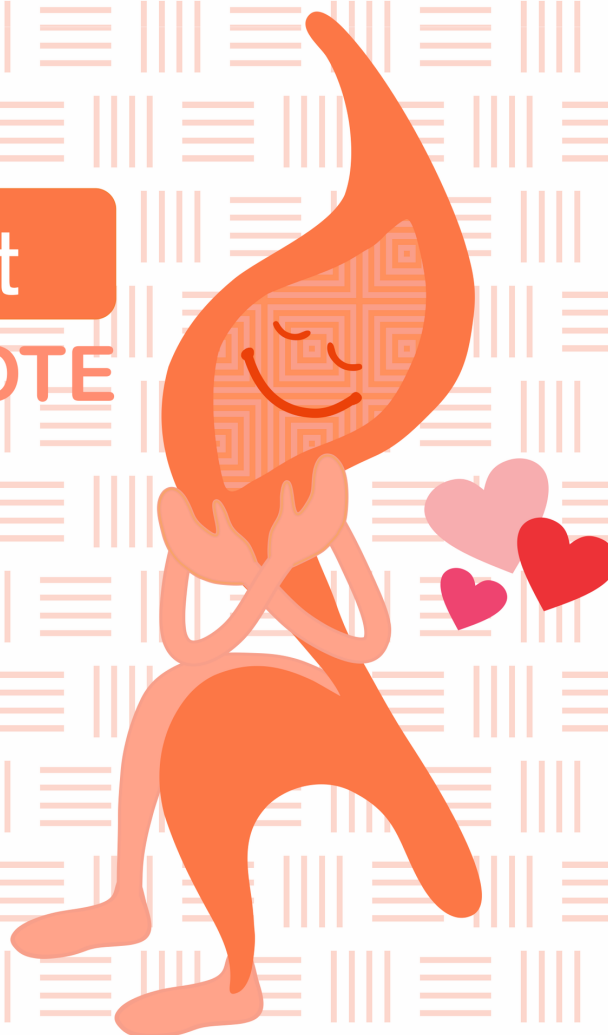


MuSical Thinking™

By Lynne Kenney, PsyD

Bess Rest

THE REST NOTE
I'm storing!



Musical Thinking Communication Signals

Pause

Fists gently placed in front of the body next to one another palms down, waist high.

"Please wait a moment,
I'm Thinking."

Index finger gently pointing to head temple high.

"May I please get up for
some movement now?"
(mini-break)

Index finger spinning upward.

"May I please take a
moment to Bess Rest?"
(I am overwhelmed, tired
or needing to take a
breather and calm myself
for a moment.)

Upper body hug, arms crossed to shoulders.