Course: executive function & self-regulation activities for the classroom, clinic & home

Address:
https://asadis.net/en/course/executive-function-self-regulation-activities-for-the-classroom-clinic-home/

Duration: 2h30

Type of course: Continuing education

Location: Online course

Individual price: $67.00

Overview:
Executive function is usually framed as a top-down capacity governed by the prefrontal cortex. Yet some of its most effective levers sit in the body: rhythm, balance, sequencing, and coordinated movement.

There is another paradox. Self-regulation cannot simply be demanded of a child. It grows from co-regulation and from children understanding how their own brains work.

This training translates research on the brain-body connection into concrete activities for clinic, classroom, and home. Pediatric psychologist Dr. Lynne Kenney draws on more than 25 years of cognitive-motor program development.

The approach invites children to become "Cognitive Scientists" who coach their own attention, memory, and planning. Explicit "Brain Lessons" are paired with over 20 developmentally progressive cognitive-motor exercises.

You will explore how sensory-motor foundations support attention, language, and academic learning. Multi-domain case profiles show how language, cognitive, and motor data interact in a single child.

Over the course of the training, you will learn to:

• Deepen your grasp of cognition-movement connections

• Implement rhythmic activities that alert and organize attention
• Strengthen self-regulation through co-regulation and calming movement
• Apply Brain Lessons for metacognition and working memory

The content rests on research showing that executive function often predicts reading and math achievement better than IQ. Studies linking fitness, cognitive control, and academic performance anchor each recommended practice.

The strategies are brief, adaptable, and ready for immediate use. Movement breaks, thinking language, and front-loading fit naturally within existing sessions.

You will leave with child-friendly metaphors that make abstract skills tangible, such as the Attention Engine and the Gas Pedal. Each activity also transfers easily to families, extending gains well beyond the clinical hour.

Learning objectives:

1. Implement research-based activities educators, teachers, and school psychologists can use to improve thinking, self-regulation, and behavior.
2. Describe the relationship between cognition and motor movement.
3. Implement activities to help students calm their defensive brains, leading to better concentration, improved attention, and competent social-relational skills.
4. Apply “Brain Lessons” to increase the efficacy of self-coaching executive function skills.

Learning material:

A theoretical course illustrated with clinical examples. This course consists of videos of 5 to 15 minutes each. The course PowerPoint is available for download.

Audience: This course is intended for all mental health professionals.

The expert

Dr. Lynne Kenney is a pediatric psychologist on the Language & Cognition Team at the Wellington-Alexander Center for the Treatment of Dyslexia in Scottsdale, Arizona. She completed advanced fellowship training in developmental pediatric psychology and forensic psychology at Massachusetts General Hospital/Harvard Medical School and Harbor-UCLA/UCLA Medical School.

For more than 25 years, Dr. Kenney has developed curriculum, programming, and activities that strengthen children's cognition through rhythmic cognitive-motor movement, executive function skill-building, and social-relational learning. Her work focuses on students in grades K–6. It translates research on the brain-body connection into practical tools for classrooms, clinics, and homes.

Her recent innovations include Cognitivities™, a collection of portable Roll-Out Activities® mats launched with Fit and Fun Playscapes in 2024. The mats combine music, art, and movement to help children practice

cognitive skills, executive function, and self-regulation. In 2025, she released a set of original executive function songs for classrooms on Apple Music. She wrote the lyrics, which carry the same cognitive and social-relational lessons she teaches in schools worldwide.

Dr. Kenney is an international educator, researcher, and author. Her books include Move More, Learn More! Harnessing the Brain–Body Connection in Early Childhood (Kuczala & Kenney, 2026), Brain Primers (Kuczala & Kenney, 2020), 70 Play Activities for Better Thinking, Self-Regulation, Learning and Behavior (Kenney & Comizio, 2016), and Bloom: 50 Things to Say, Think and Do with Anxious, Angry and Over-the-Top Kids (Kenney & Young, 2015). She also created the social-emotional literacy program Bloom Your Room™ and Musical Thinking™.

Dr. Kenney is committed to improving the learning trajectories of children in high-need, under-resourced communities. She places particular value on her work with Title I schools. Since 1985, she has served as an educator in community service with organizations including the Neurological Health Foundation, Head Start, Understood.org, HandsOn Phoenix, SparkPE, First Nations communities in Canada, and Points of Light (Generation On).

Syllabus

PowerPoint
Introduction
Foundations
Today's Landscape
The Magic Is Engagement
Treatment Model
Disappearing Beats
The Developmental Pillars Part I
The Developmental Pillars Part II
The ACTIONS
We Are Musical
Executive Function: Brain & Skill-Building
The Importance of Executive Function
Your Frontal Lobes
Brain Lessons
Movement Snack
Big Ball Work
Metacognition
Attention
Movimals
CogniBall
Equipment Examples
Working Memory
Cat Dog Activity

Self-Regulation & Integration

Self-Regulation

Co-Regulate with Rhythmic Movement

The Space Between the Urge and the Action

COGNITAP

Conclusion

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*