



## Art, Music, and Movement that Helps Kids Reset

**Cognitivities™** are the first executive function and self-regulation mats created using a research backed integration of art, music and movement. Each mat is designed to help children practice a felt sense of slowing down in a calming and fun way!



### WHY IT WORKS

The combination of art, music and movement creates a relaxing experience and allows children to practice the felt sense of slowing down and thinking things through.

The music is based on traditional nursery rhymes at a slow tempo creating a relaxing experience. Each mat has its own song and full body movements that are specifically designed to provide a series of vestibular and proprioceptive input.

If you prefer to not integrate our music collection, no problem! Easily utilize the mats without music or pair with some of your favorite calming tunes. The only limitation is your imagination!

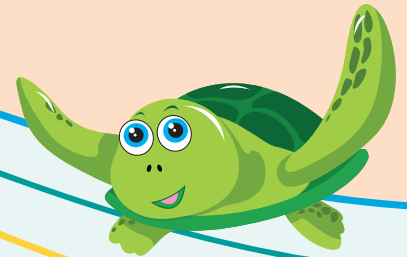


## WHO CAN USE IT

- ✓ Teachers
- ✓ Physical Educators
- ✓ Occupational & Physical Therapists
- ✓ Social Workers & Counselors
- ✓ Parents & Care Givers

## Cognitivities™ are:

- ✓ **Easy:** Simply clean the floor surface, unroll the mat, access the music or guide and begin.
- ✓ **Durable:** Each Roll-Out Activities® mat is made of a thick, commercial grade vinyl that can last for years.
- ✓ **Stable:** Safety is important, so we've designed the textured back to grip floors and provide maximum stability.
- ✓ **Maintainable:** The mat surfaces can be cleaned with mild soap and water, using a light, gentle, circular motion.
- ✓ **Storable:** Just roll them up and stack, or store them in the tube provided.



SCAN HERE  
FOR MORE DETAILS



## MEET DR. LYNNE KENNEY

Dr. Lynne Kenney is a Pediatric Psychologist on the language and executive functions team at Wellington-Alexander Center for the Treatment of Dyslexia in Scottsdale, Arizona.

Over the past 25 years, Dr. Lynne has worked with thousands of families, teachers, and clinicians from Los Angeles to the UK, Australia, China, and beyond to bring more cognitive skills to classrooms, homes, and clinics with creative cognitive coaching and cognitive-motor movement activities.

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