



**FLOOR MOVES**  
**64-BEAT**  
**FLOOR**  
**ACTIVITIES**



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Dr. Lynne Kenney's research-based approach to movement and learning demonstrates that coordinative rhythmic activities are powerful tools for preparing young brains for academic success.

These 64-beat floor activities are specifically designed to activate children's "attention engines" through core strengthening, vestibular stimulation, balance work, and bilateral coordination movements. When implemented during circle time, transitions, or before lessons, these activities help PreK-3rd-grade students regulate arousal, improve focus, and achieve an optimal brain state for learning.

The rhythmic, predictable structure of 64-beat sequences provides children with the sensory input and movement experiences their developing brains need to sustain attention and engage successfully in classroom instruction.

The benefits of these floor activities extend far beyond physical fitness. As children practice core strength and balance through coordinated movements, they are simultaneously developing the executive function skills that underlie all academic learning, including working memory, inhibitory control, and cognitive flexibility.

Dr. Kenney's philosophy emphasizes helping children become "the best coaches of their own brains." Implementing these movement sequences provides young learners with the proprioceptive and vestibular experiences that build body awareness and self-regulation.

The alerting nature of these activities helps children transition from free play or arrival routines into a focused, ready-to-learn state.

Implementing these 64-beat floor activities during circle time creates joyful, inclusive learning experiences that support every child's development. The rhythmic patterns make the movements accessible and predictable, allowing children of all abilities to participate successfully while building confidence in their physical capabilities.

Teachers, parents, and clinicians can use these activities strategically throughout the day, not just at circle time or transitions, but also during the clinical hour or at home. Whenever students need to refocus or prepare for upcoming cognitive challenges, rhythmic cognitive-motor movement helps.

By incorporating Dr. Kenney's movement-based approach into daily routines, carers provide the foundation young brains need to thrive academically, socially, and emotionally.

## **64-Beat Floor-Based Activities for Alerting Attention & Supporting Self-Regulation**

These sequences integrate coordinative movement with steady rhythm to activate neural pathways, build body awareness, and support self-regulation.

Each sequence follows a 64-beat structure (eight counts of 8) that children can internalize, helping them predict what comes next and feel secure in the movement pattern.

### **How to Use These Sequences**

- Maintain a steady beat throughout at 85-120 BPM.
- Cue transitions with your voice: "And next..."
- Encourage children to count aloud or whisper counts.
- Modify intensity based on whether you need alerting (rhythmic, faster movements) or calming (rhythmic, slower movements).
- Adapt or "flex" moves to accommodate each child's individual needs.

# CORE WAKE-UP

## 64-Beat Seated Floor Warm-Up

### BEATS 1-16

Sit tall on the floor, hands on knees. Pat knees alternating L-R (16 pats).

### BEATS 17-32

Roll down slowly to lying position (8 beats), hold flat (8 beats), hands above the chest, in the air, moving like cat paws in the air.

### BEATS 33-48

Mini sit-ups: curl head and shoulders up and down (8 slow curls).

### BEATS 49-64

Roll to seated, shake out arms overhead R-L (8 beats). Both hands (8 beats).

CORE STRENGTH  
BALANCE  
RHYTHM  
TIMING

SKILLS

MOTOR CONTROL  
FOCUSED ATTENTION  
SET SHIFTING

# DRUM CIRCLE

## 64-Beat Seated Floor Warm-Up

### BEATS 1-16

Sit tall on the floor in criss-cross apple sauce. Drum the floor in front, both hands 8 beats, R-L 8 beats.

### BEATS 17-32

Drum your thighs alternating R-L (8 beats), drum hand to shoulder R to L; L to R alternating (8 beats).

### BEATS 33-48

Lie back, strong bicycle legs in the air (16 pedals).

### BEATS 49-64

Sit up with momentum. Finish with 8 strong floor pats.

CORE STRENGTH  
RHYTHM  
TEMPO  
TIMING

SKILLS

CROSS-LATERAL  
COORDINATION  
PROCESSING SPEED  
SET SHIFTING

# ROCK N ROLL

## 64-Beat Seated Floor Warm-Up

### BEATS 1-16

Sit tall on the floor with feet flat in front of you. Hug knees to chest, rock side to side (8 rocks).

### BEATS 17-32

Rock forward and back (8 rocks). Focus on maintaining balance and moving in time on the beat.

### BEATS 33-48

Roll onto back (2 beats), rock along your spine like a rocking chair (3, 2-beat rocks).

### BEATS 49-64

Use momentum to roll up to seated, legs in criss-cross applesauce. Pat Lap 2 beats, Clap 2 beats.

**CORE STRENGTH**  
**WEIGHT SHIFT**  
**BALANCE**

**SKILLS**

**RHYTHM**  
**TEMPO**  
**TIMING**  
**COORDINATION**

# HELICOPTER SPIN

## 64-Beat Seated Floor Alerting

### BEATS 1-16

Sit tall on the floor in criss-cross apple sauce. Arms out to the side in helicopter position, twist torso L-R-L-R (2 beats each side).

### BEATS 17-32

Lie on back, arms out, drop both bent knees to right (4 beats), center (4 beats), left (4 beats), center (4 beats).

### BEATS 33-48

Sit-up to seated (4 beats), arms helicopter twist again L-R-L-R (2 beats each side).

### BEATS 49-64

Pat head with one hand, rub belly with other (8 beats), switch hands (8 beats).

CORE STRENGTH  
BODY  
AWARENESS  
VESTIBULAR

SKILLS

COORDINATION  
PROCESSING SPEED  
SET SHIFTING  
SPATIAL AWARENESS

# TAP AND LIFT

## 64-Beat Seated Floor Alerting

### BEATS 1-16

Sit tall on the floor in with legs extended. Tap your toes (8 beats), wiggle your toes (4 beats) flex your toes (4 beats).

### BEATS 17-32

Move your legs with knees bent, feet flat on the floor. Use your arms to brace behind you. Tap toes R-L-R-L (8 beats); Tap Heels R-L-R-L (8 beats).

### BEATS 33-48

Lift your left knee then your right knee alternating (up 2 beats, down 2 beats) each lift 8 times.

### BEATS 49-64

Sit up straight seated on the floor and cross pat your shoulders, in and out 2 beats each move 8 times. On the last beat bring hands clasped to center on your lap.

CORE STRENGTH  
BODY AWARENESS  
BILATERAL  
COORDINATION

SKILLS

BEAT COMPETENCY  
RYTHM  
TEMPO  
TIMING

# THUNDER ALLEY

## 64-Beat Seated Floor Alerting

### BEATS 1-16

Sit tall on the floor in with legs extended. Tap your fingers on the floor softly 8 beats, louder 8 beats, like thunder.

### BEATS 17-32

Pat your thighs with both hands (8 beats).  
Alternate R-L-R-L taps on your thighs (8 beats)

### BEATS 33-48

Bend knees, feet flat on the floor, thunder roll tapping feet alternating (8 beats louder, then 8 beats softer).

### BEATS 49-64

Sit up straight seated on the floor and gently tap your face and shoulders with soft rain fingers, 16 beats).

CORE STRENGTH  
BODY AWARENESS  
BALANCE

SKILLS

COORDINATION  
SUSTAINED ATTENTION  
WORKING MEMORY

**Cogni  
Suite**

**move  
more  
learn  
more!**

**MIKE KUCZALA  
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Editors

# **MOVE MORE, LEARN MORE!**

**Harnessing the  
Brain-Body Connection  
in Early Childhood**



Foreword by Cindy Hovington / Afterword by Ronald S. Fischler