

# My Attention Engine Song

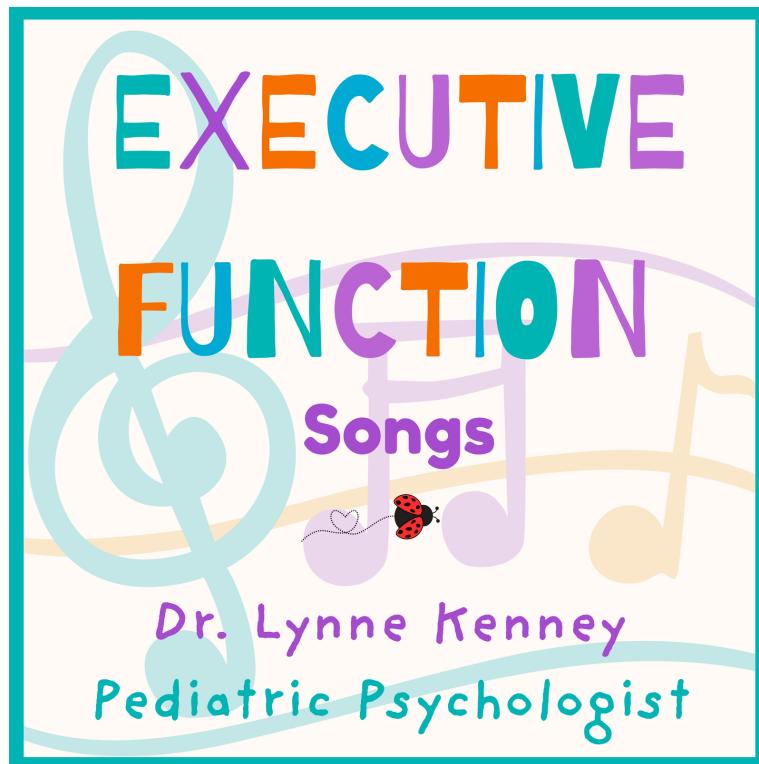


The Little Book with  
BIG Ideas About Attention



Welcome Children!

I am so happy you are here. Let's read the lyrics to Attention Engine and then your adult can play the song and you can sing along.



The eight Executive Function Songs stream for free on Apple Music, Spotify, and YouTube.

Happy Listening!

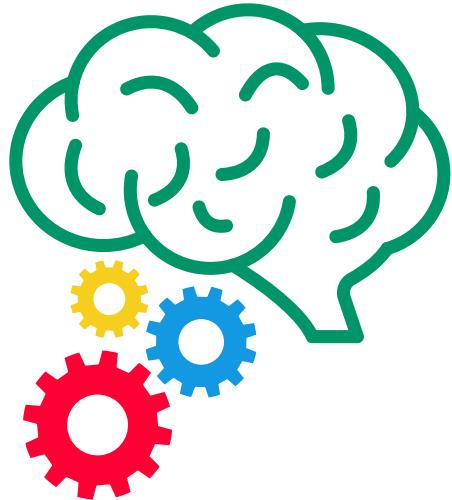
*Dr. Lynne*

# Attention Engine



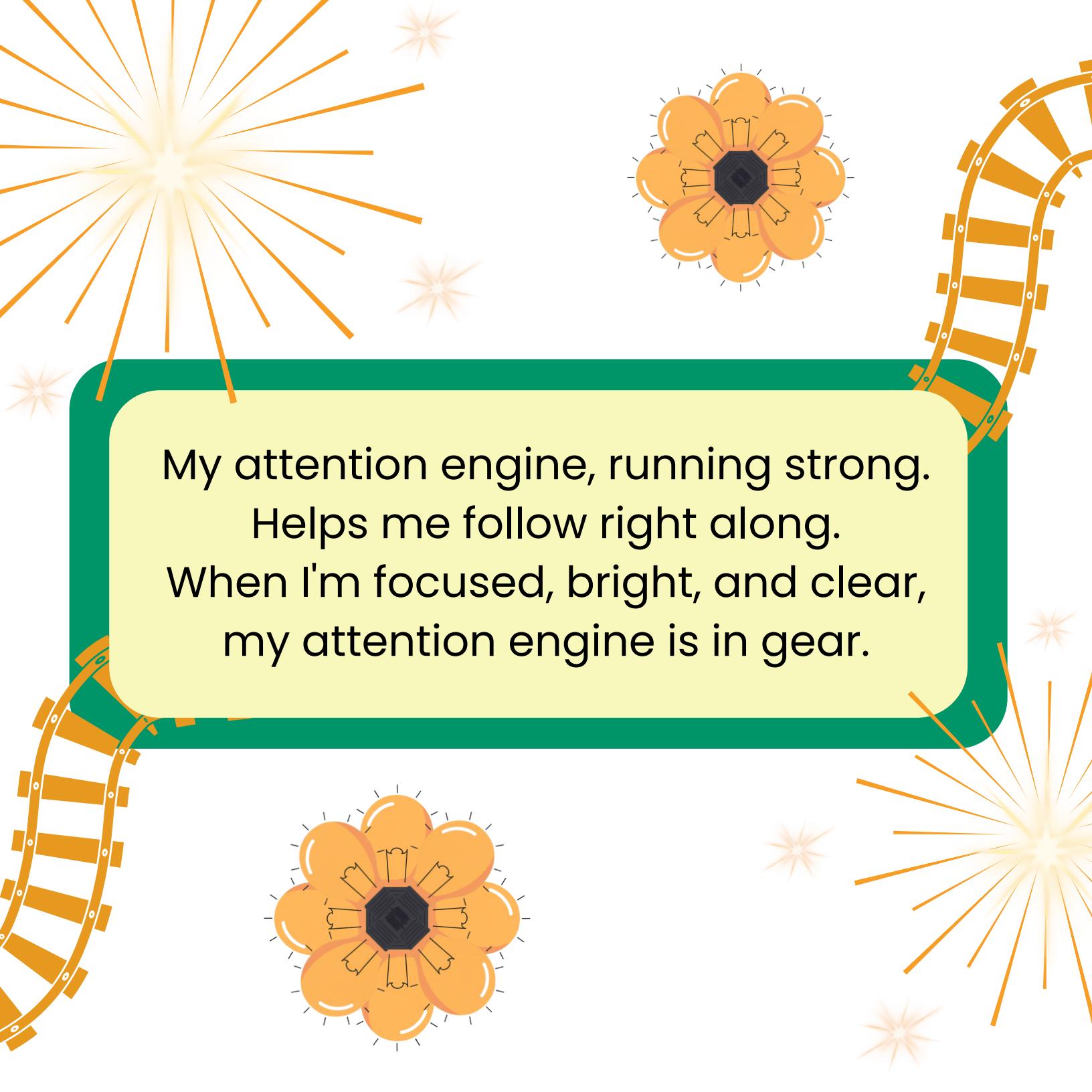
Musician & Producer Scott Leader  
Vocalist & Song Writer Alexis Myers  
Song Writer Lynne Kenney  
Design Alexis Markan

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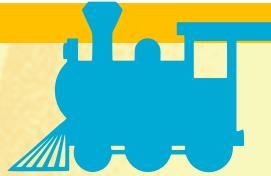


My brain is a special machine.  
The finest engine you've ever seen.  
It helps me listen, helps me learn.  
When I get off track, I can return.

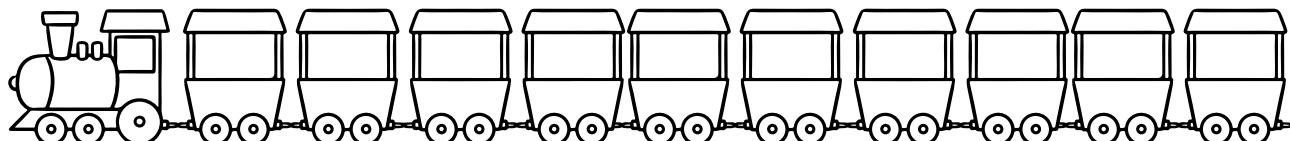


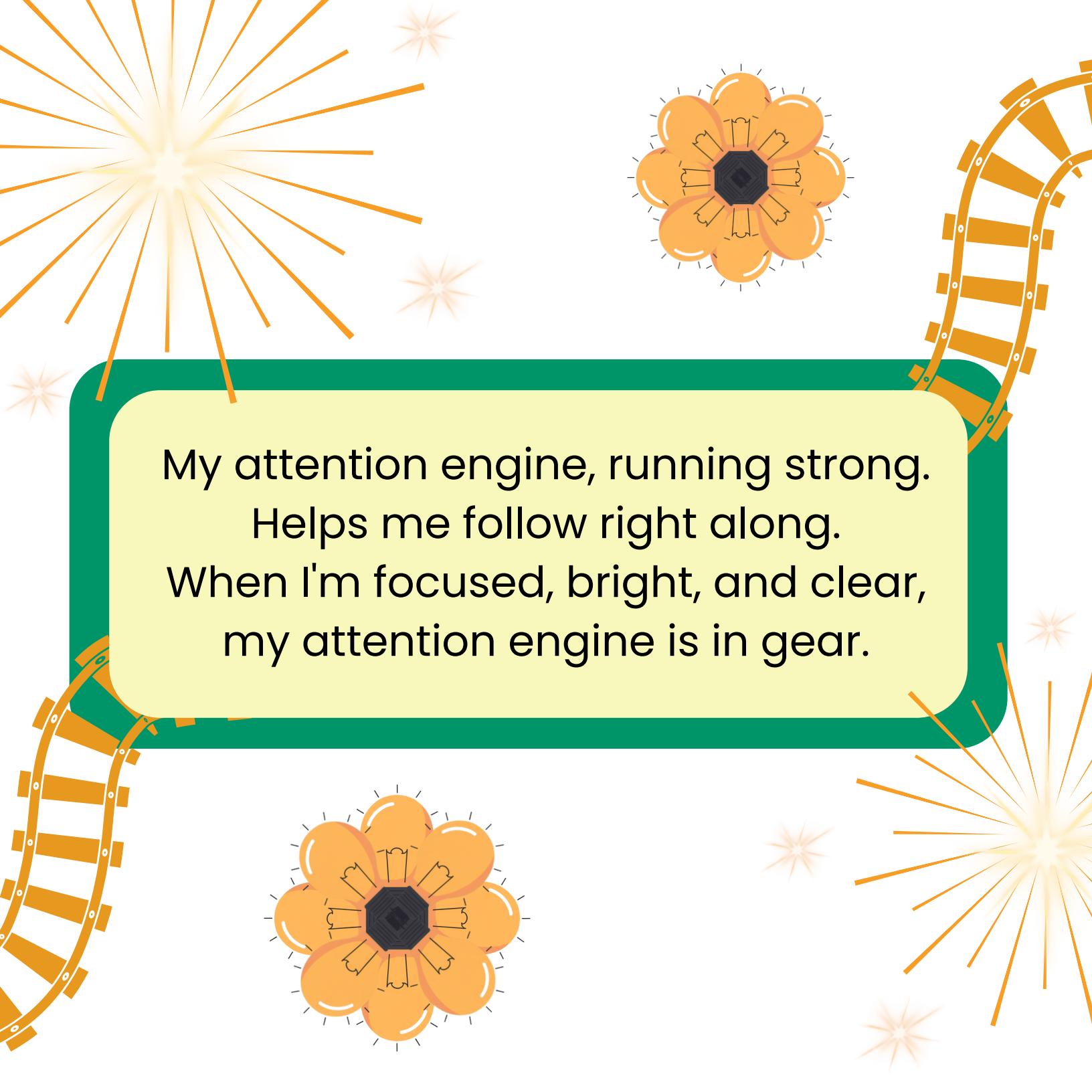


My attention engine, running strong.  
Helps me follow right along.  
When I'm focused, bright, and clear,  
my attention engine is in gear.

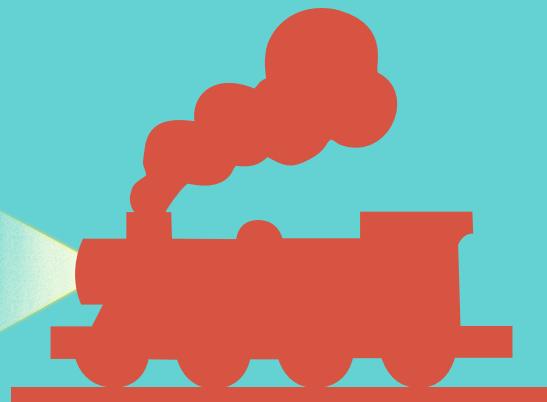


When my engine starts to slow,  
and my thoughts begin to go.  
I take a breath and sit up tall,  
my attention engine hears the call.

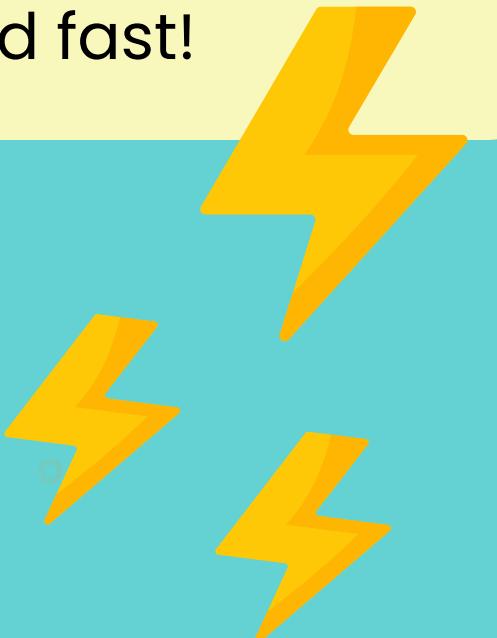
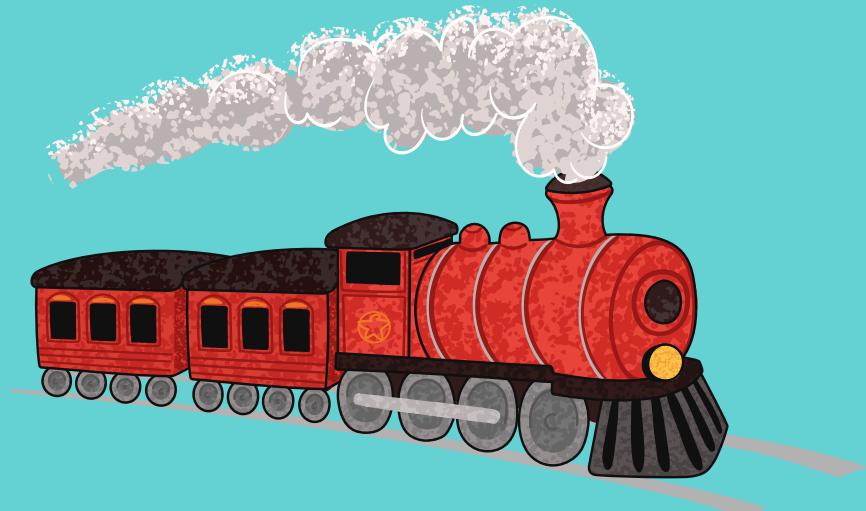


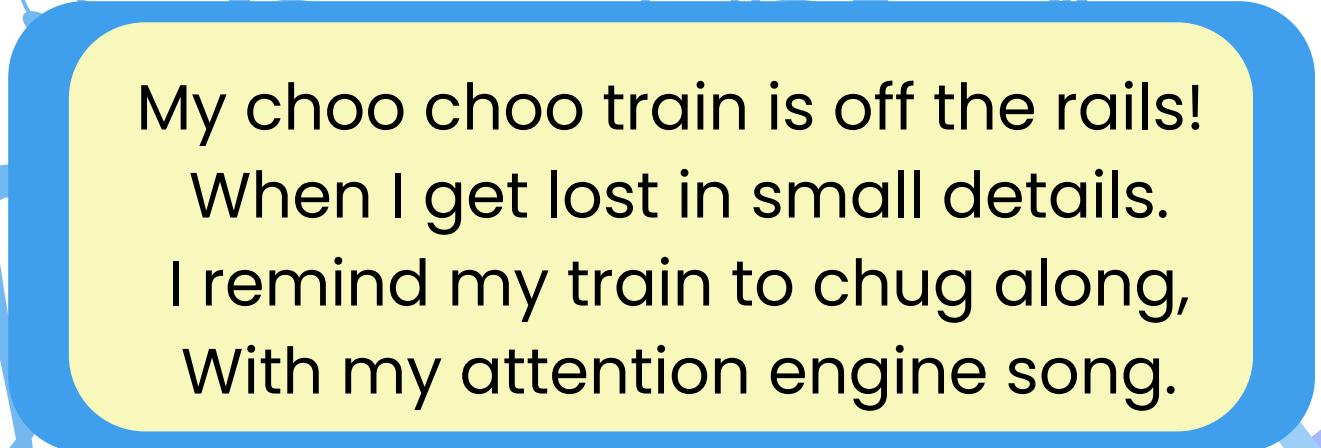


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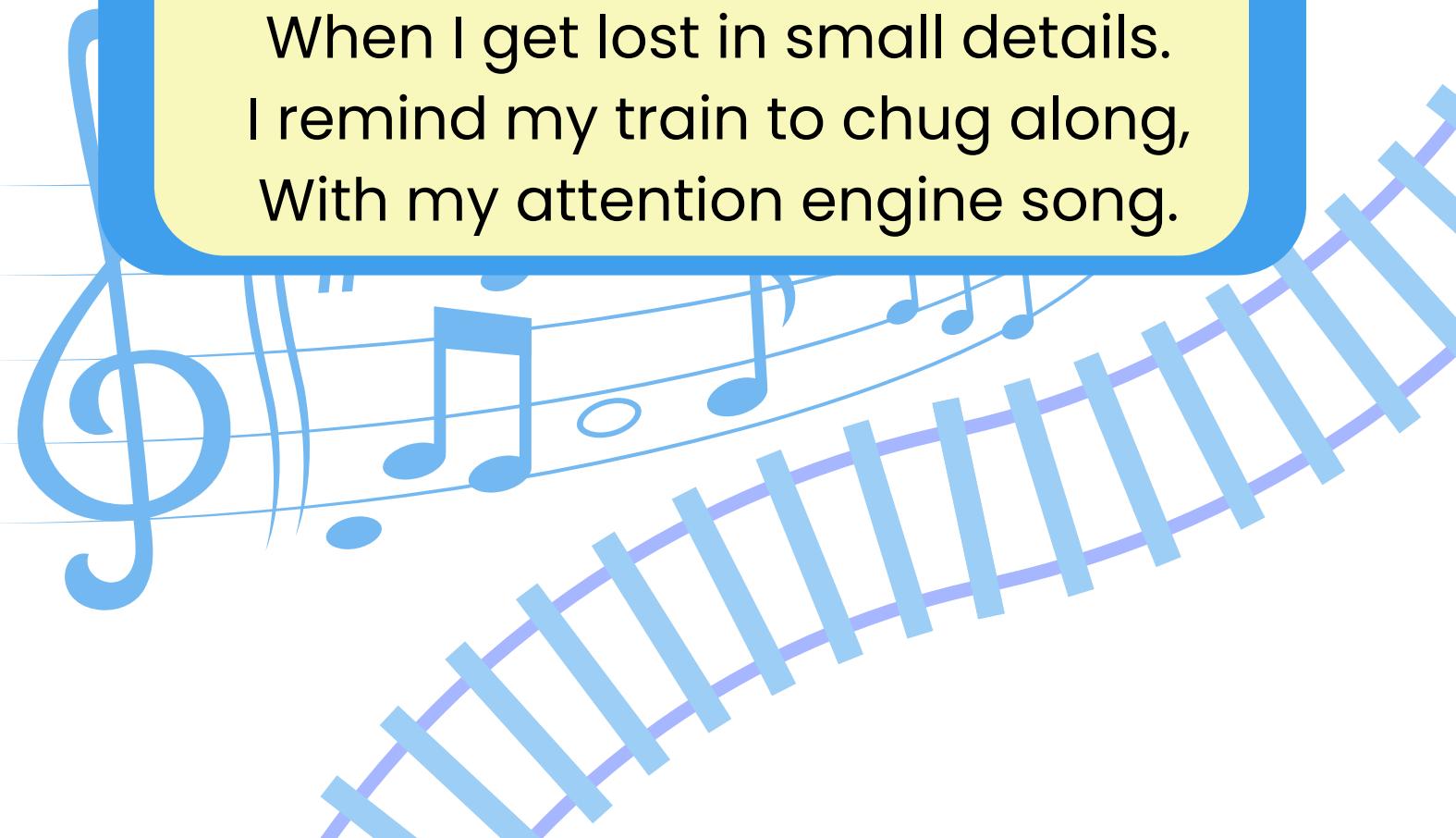


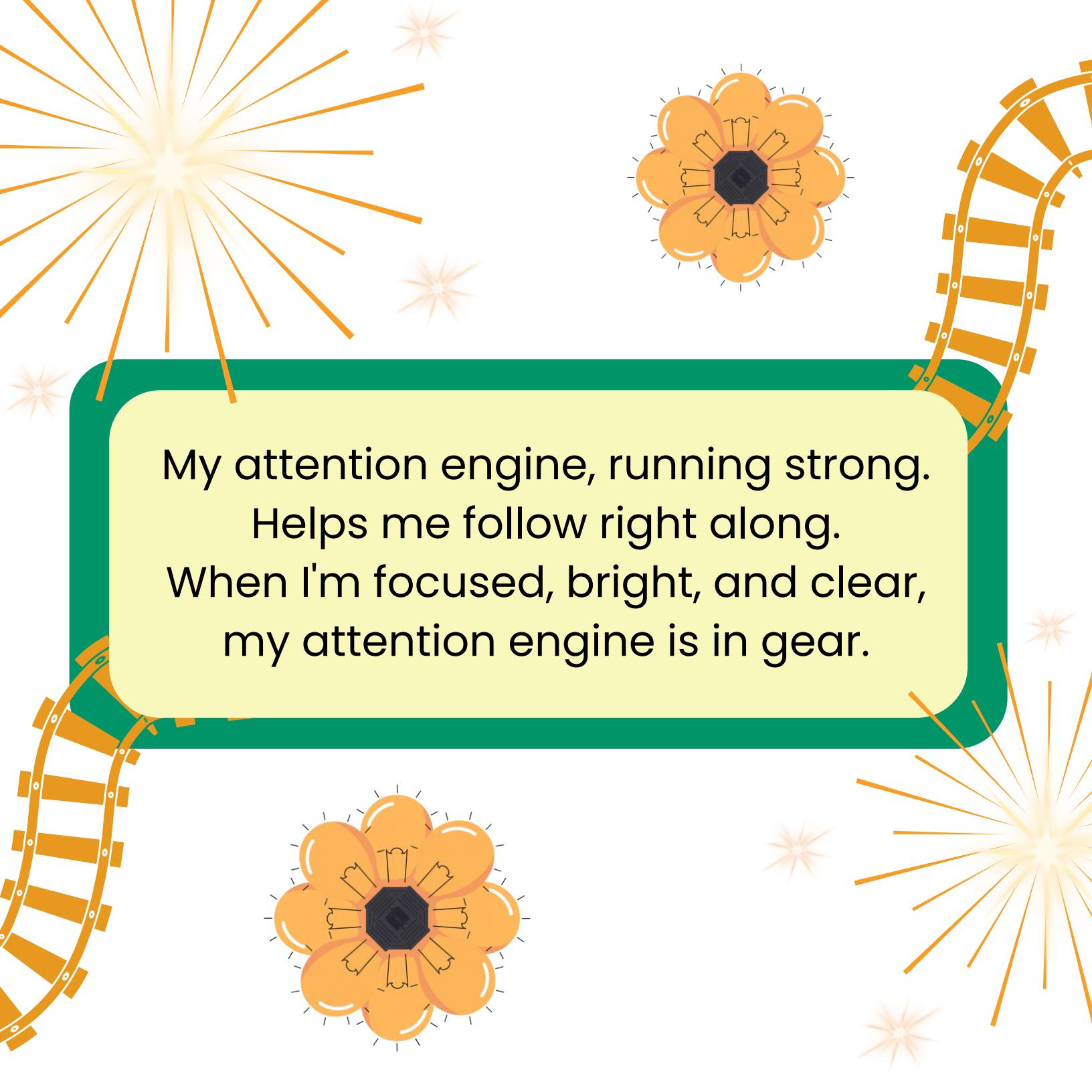
Headlights on, energy grows,  
steam is pumping, here we go!  
Like a train speeding down the tracks,  
My brain can focus forward fast!



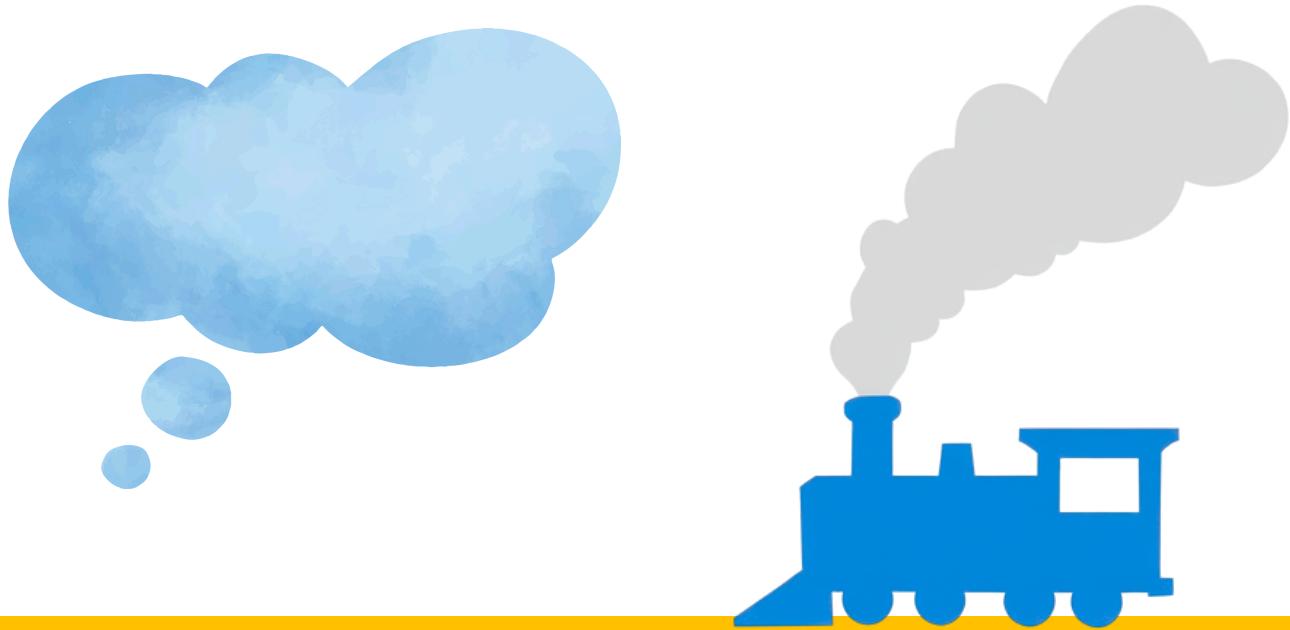


My choo choo train is off the rails!  
When I get lost in small details.  
I remind my train to chug along,  
With my attention engine song.

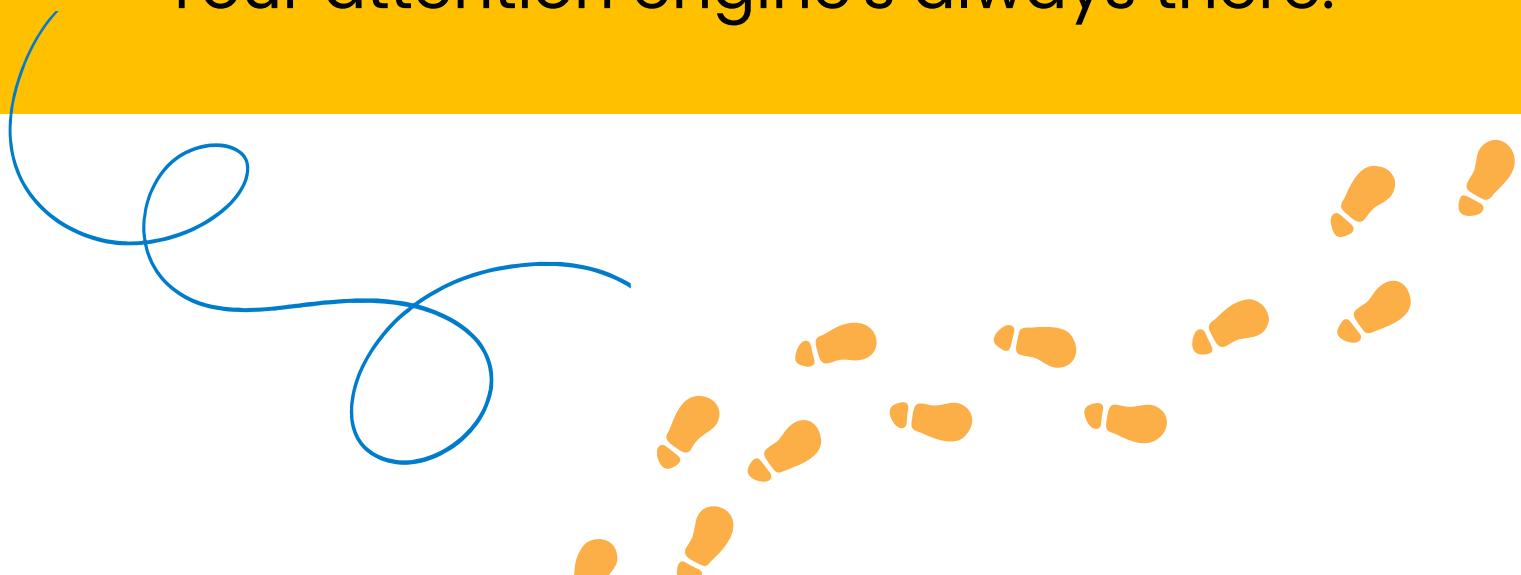




My attention engine, running strong.  
Helps me follow right along.  
When I'm focused, bright, and clear,  
my attention engine is in gear.



Remember, friends,  
it's okay if your mind drifts far away.  
Just guide it back with thoughtful care.  
Your attention engine's always there.





attention  
engine



“I am focused and calm.”