

My Attention Engine Song

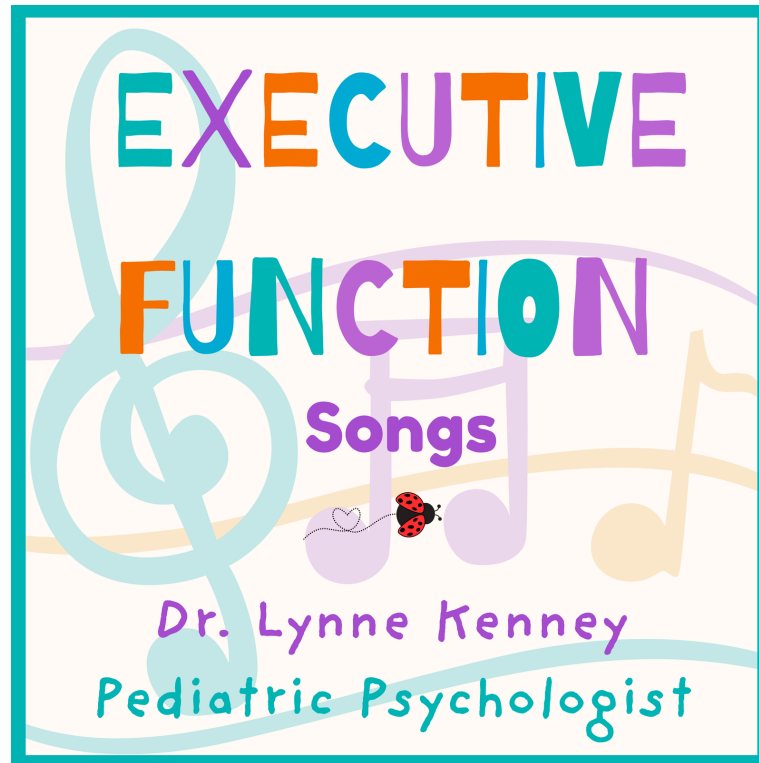


The Little Book with
BIG Ideas About Attention



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

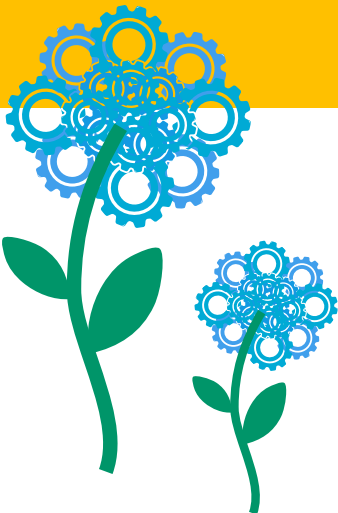


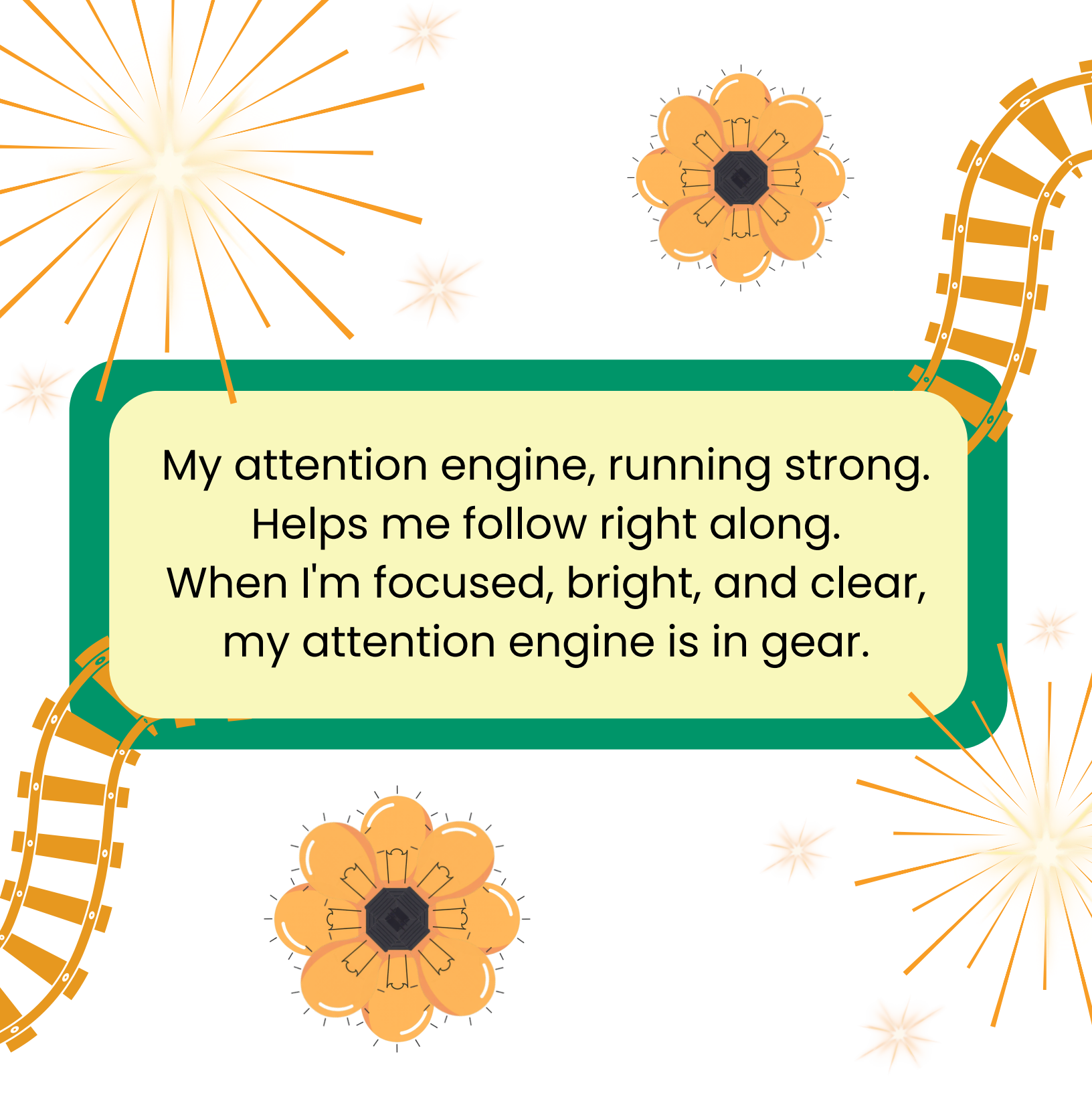
Musician & Producer Scott Leader
Vocalist & Song Writer Alexis Myers
Song Writer Lynne Kenney
Design Alexis Markan

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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.

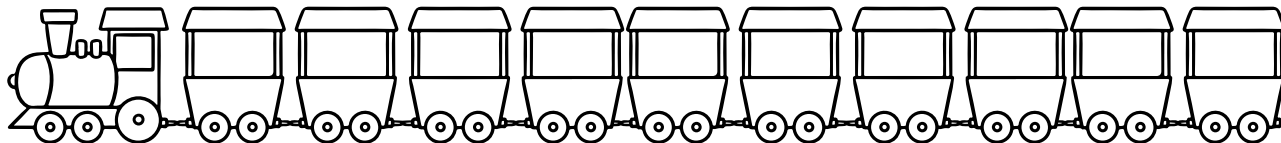


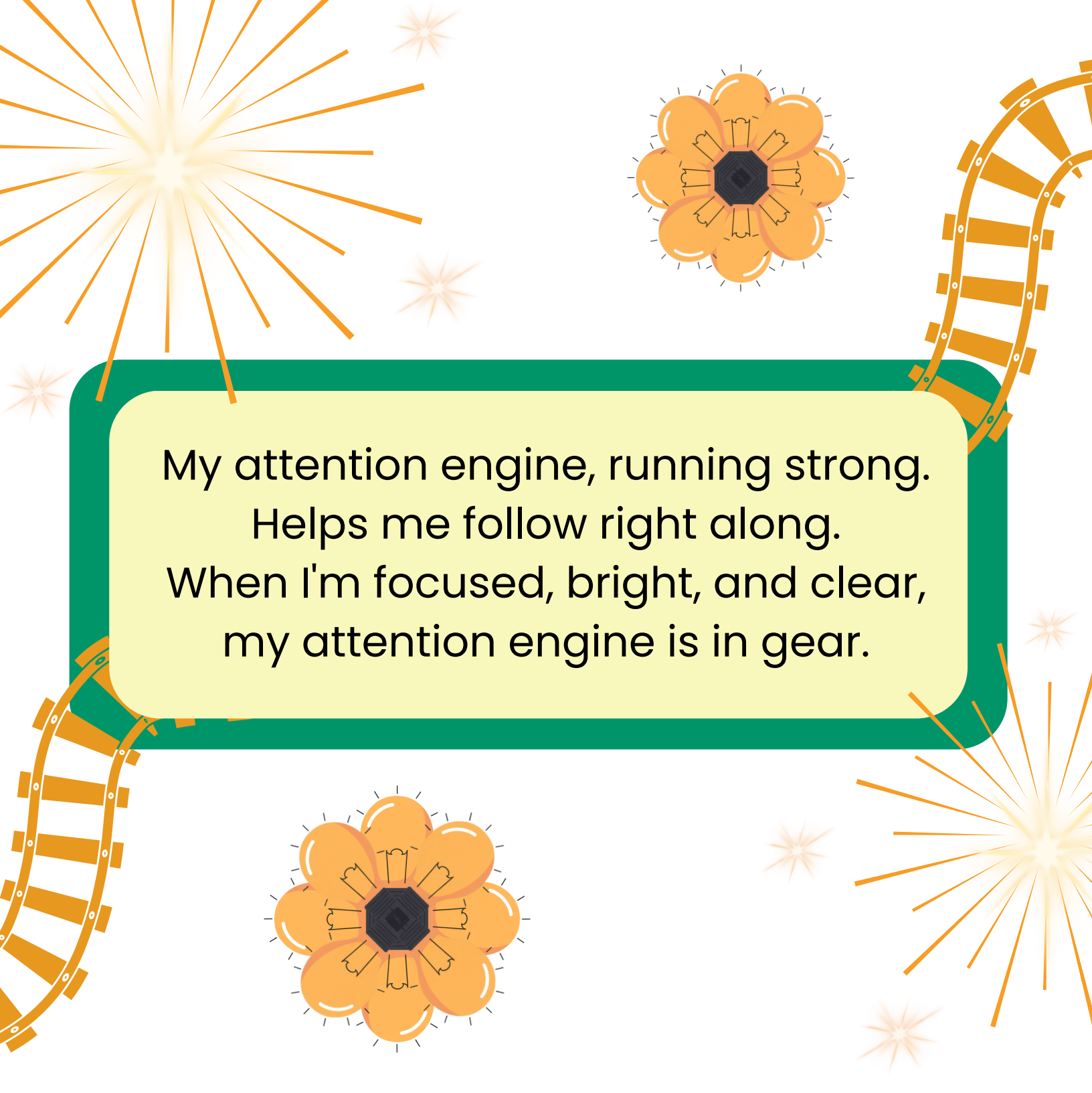


My attention engine, running strong.
Helps me follow right along.
When I'm focused, bright, and clear,
my attention engine is in gear.

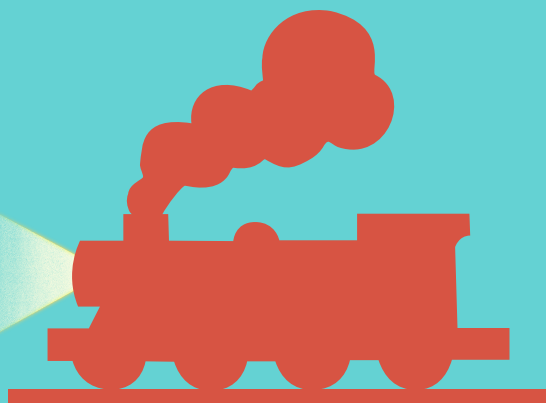


When my engine starts to slow,
and my thoughts begin to go.
I take a breath and sit up tall,
my attention engine hears the call.

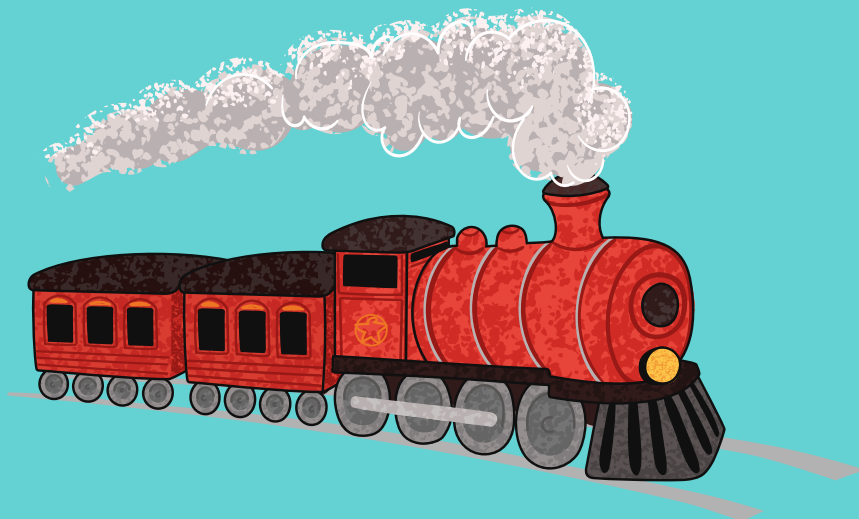


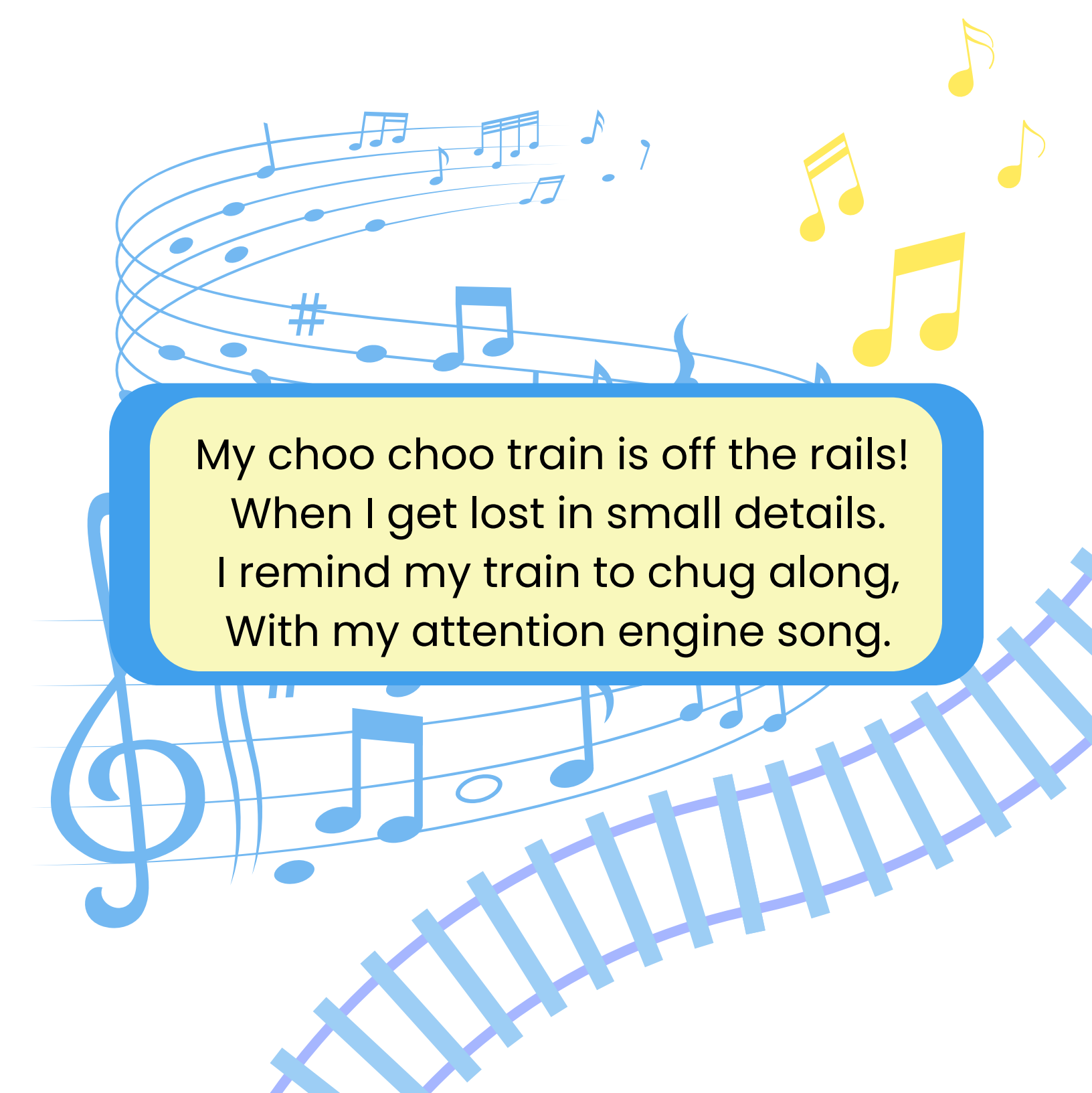


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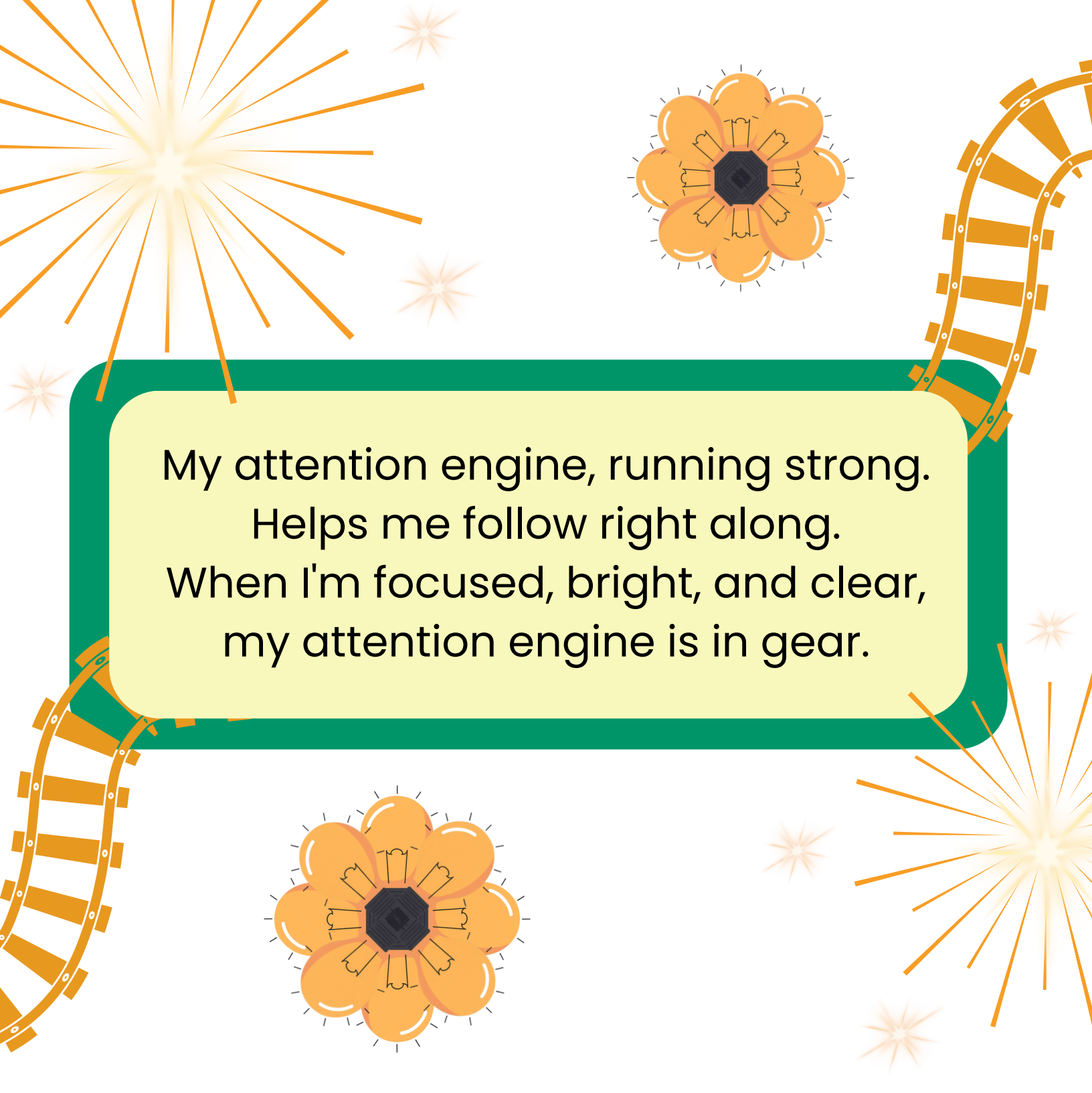


Headlights on, energy grows,
steam is pumping, here we go!
Like a train speeding down the tracks,
My brain can focus forward fast!

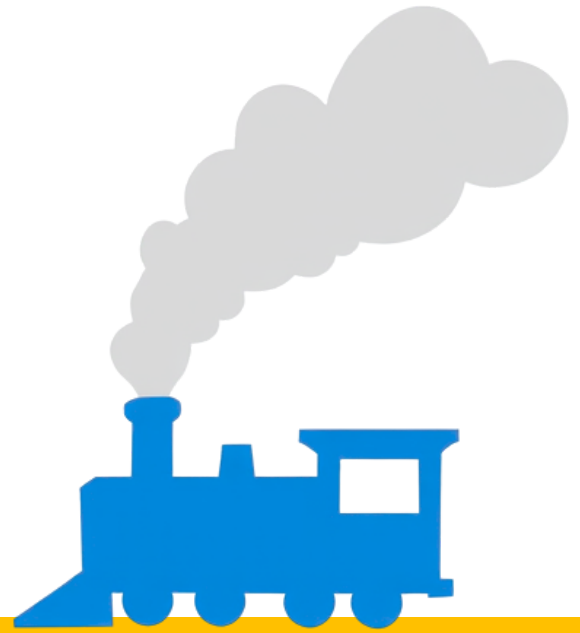


The background features a whimsical illustration. In the upper left, several blue musical staves with notes and a sharp symbol (#) curve across the frame. In the upper right, three yellow musical notes float. At the bottom, a set of blue train tracks curves from the lower left towards the right. A large blue treble clef is positioned on the left side, partially overlapping the tracks. A central yellow speech bubble with a blue border contains the text.

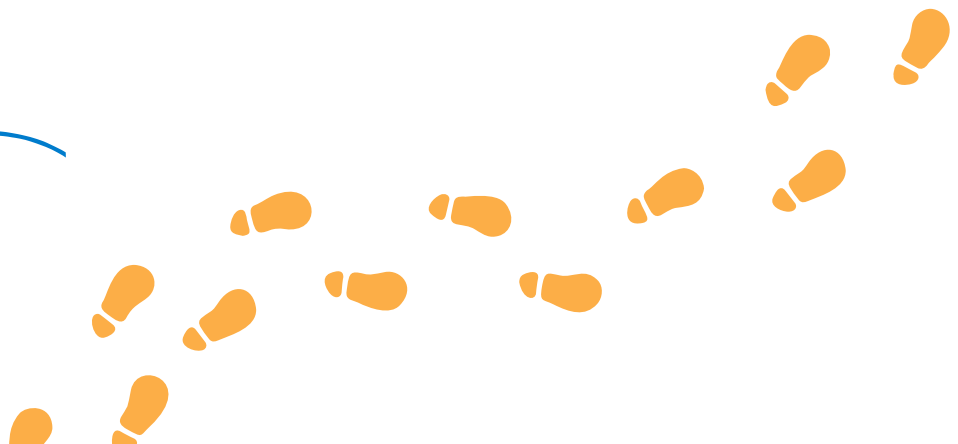
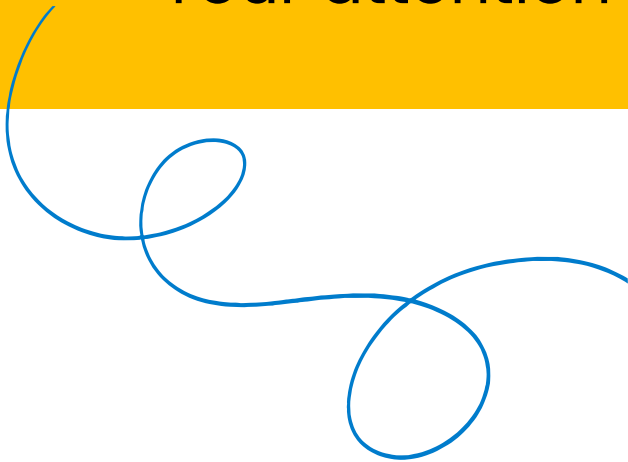
My choo choo train is off the rails!
When I get lost in small details.
I remind my train to chug along,
With my attention engine song.



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.





"I am focused and calm."