

Foundation Series Workshops

Enhance productivity with balanced technology management!



Playgrounds

Power Play: Playgrounds enhance movement, socialization and access to nature.



Overview

Children attain optimal behavior, development, and literacy through play, yet many daycares/preschools, schools and communities have either degraded playgrounds to infantile states, or done away with playgrounds all together. The dilapidated state of today's playgrounds has deprived many children of critical factors they need to achieve optimal growth and academic success. The socialization aspects of play offer rich opportunity to learn and experience difference ways of human relationship. The movement aspects of play ensure cardiovascular fitness, which prevents future obesity, diabetes, heart attack and stroke. Movement also stimulates the vestibular system in the brain, building strong core and motor coordination, as well as activates the proprioceptive system in the muscles and joints, resulting in refined movement patterns and energy release and self-regulation. Research shows that core stability and motor coordination are primary determinants for achieving printing and reading literacy. The nature aspects of outdoor play, act as an "attention restorative" agent, improving ability to pay attention and learn in classroom and home environments. Nature is also sensory soothing and calming, improving anxiety, depression and self-regulation. Consequently, playgrounds enhance socialization, movement, and access to nature, and are the *epicenter* for achieving child behavior, development, and learning.

Goal

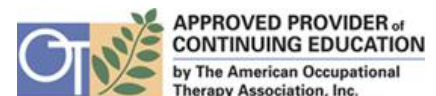
Power Play provides research showing the positive impact of playgrounds on improved child behavior, development, literacy and learning, and provides daycares/preschools, schools and communities tools and techniques to guide them toward creating awesome play spaces.

Learning Outcomes

- Know 4 critical factors for child behavior, development, literacy and learning
- Apply principles of playground design to ensure achievement of these 4 factors
- Design developmentally age appropriate playgrounds for ages 0-18 years

Handouts

- Planning Playgrounds for Growth and Academic Success
- Developmentally Appropriate Playground Designs



Evidence based - Research referenced - Strategy focused

Creator and Speaker

Workshop creator **Cris Rowan** is a well-known speaker and author to teachers, parents and therapists throughout North America in the field of sensory integration, learning, attention, fine motor skills and the impact of technology on children's neurological development. Cris has Bachelor of Science degrees in both Occupational Therapy and in Biology, and is a SIPT certified Pediatric Sensory Specialist. Cris is CEO of Zone'in Programs Inc. offering products, workshops, training, and consultation services to promote technology balance and enhance productivity. Cris is creator of the *Zone'in*, *Move'in*, *Unplug'in* and *Live'in* programs, the Foundation Series Workshops, the monthly, free Child Development Series Newsletter, and the blog www.movingtolearn.ca. Cris is a member of the internationally known Institute for Digital Media and Child Development, and has authored the *Unplug – Don't Drug*, *Creating Sustainable Futures*, and *Linking Corporations to Communities initiatives*, as well as her first book *Virtual Child – The terrifying truth about what technology is doing to children*.



Who should attend?

Parents, teachers, administrators, special education staff, occupational therapists, speech and language pathologists, physical therapists, counsellors, physicians, psychologists, psychiatrists, social workers and child care providers. Foundation Series Workshops are designed to be *introductory* level for therapists, *intermediate* for teachers and *advanced* for parents, child care workers and teaching assistants.

How to register

Register for our Foundation Series Workshops:

1. **Online** at www.zoneinworkshops.com
2. **Faxing** this form to 1-877-8zonein (896-6346)
3. **Phoning** 1-888-8zonein (896-6346)
4. **Emailing** info@zonein.ca
5. **Mailing** Zone'in at 6840 Seaview Rd, Sechelt, BC Canada V0N3A4

Sponsor a workshop in your own community and receive a free *Zone'in*, *Move'in* or *Unplug'in* program for school or home use. Contact Cris for the details!

To register, please complete and forward the following form.

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Workshop Title: _____

Workshop Date: _____ **Workshop Location:** _____

Name: _____ Occupation: _____

Address: _____

Daytime Phone: _____ Fax: _____ Email: _____

Method of Payment:

Cheque (made payable to "Zone'in Programs Inc.")

MasterCard No. _____ Exp _____ Cardholder Name: _____

VISA Card No. _____ Exp _____ Cardholder Name: _____