

Foundation Series Workshops

Enhance productivity with balanced technology management



Attention and Learning

Why Can't Children Sit Still? :Using Movement and Nature to Enhance Attention and Learning

Overview

Critical factors for enhancing child development and learning are movement, play and nature, yet children everywhere continue to escalate use of sedentary, indoor technologies. Attention restorative environments such as “green space” have been shown to significantly reduce adhd symptoms, and movement and play shown to improve mental and physical health and grades. Yet school and community lack of funds, and fear of litigation, have dramatically changed how children access outdoor movement and play. Resources that used to go toward school playgrounds are now diverted toward technology, and recess is now comprised of texting, video games, facebook and porn. Restricting child movement, play, and nature, while escalating use of unrestricted technology, has resulted in classroom chaos, and children who can no longer pay attention and learn.

Goal

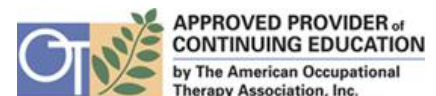
Why Can't Children Sit Still raises awareness about the importance of movement, play, and nature in the everyday lives of our children and home and school, and how sensory and motor components found in movement, play, and nature actually promote not only physical and mental health, but also attention and learning ability in children.

Learning Outcomes

- Identify critical neurobiological factors important for attention and learning ability.
- Evaluate current research on the impact of movement, play and nature on attention and learning.
- Recognize how dwindling resources and fear of litigation limit achieving critical factors for development and learning.
- Apply movement and nature initiatives in school, home and community to enhance attention and learning.

Handouts

Development and Nature Directives
Schools Operating Safely – Child Behavior Management Policy/Procedures
Building Foundations/Virtual Futures Diagrams



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: _____