

Foundation Series Workshops

Enhance productivity with balanced technology management



Science of Attention and Learning

Why Can't Children Sit Still?

The Importance of Movement and Play for Attention and Learning

Overview

Nature designed children's bodies to move, touch and connect for adequate physical, mental and cognitive development. Attention restorative environments such as "green space" have been shown to significantly reduce ADHD symptoms, yet school and community fears of litigation have dramatically changed how children access outdoor movement and play. Resources that used to go toward playgrounds are now being diverted toward updating schools with technology. Children are physically moving less, and as a result are not getting the necessary motor and sensory stimulation to their vestibular, proprioceptive and tactile systems, resulting in low postural tone, poor coordination and fluctuating arousal states – important components for printing, reading and paying attention to learn.

Goal

Why Can't Children Sit Still raises awareness about the importance of movement and play in the every day lives of our children and home and school, and how sensory and motor components of movement and play actually promote attention and learning.

Learning Outcomes

- Relate current "bottom up" research to why children need to move to pay attention and learn.
- Identify critical factors for child development and learning.
- Recognize how fear of litigation limits achieving critical factors for development and learning.
- Explore child nature deficit disorder and apply school, home and community initiatives.

Handouts

Child Development and Nature Directives
Playground Structures



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 and training to promote technology balance and enhance productivity. Cris is creator of the new *Zone'in*, *Move'in* and *Unplug'in* programs, the Foundation Series Workshops and Zone'in Training for therapists. Cris has authored the *Unplug – Don't Drug, Creating Sustainable Futures*, and *Linking Corporations to Communities* initiatives, and *Virtual Child – The terrifying truth about what technology is doing to children* book.



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
3. **Phoning** 1-888-8zonein
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 Amy 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: _____