

Foundation Series Workshops

Enhance productivity with balanced technology management



Why Can't Children Sit Still?

Using Movement and Nature to Enhance Attention and Learning

Children are increasingly sedentary, spending 95% of their time indoors. Technology overuse at home and school has resulted in a sedentary, overstimulated, sleep deprived, indoor-based society, where children are not getting essential elements they need to grow and succeed. Children require movement, touch, human connection, and nature to optimize physical, mental, social and cognitive development. Research shows:

- 1 in 3 children are developmentally delayed, 1 in 4 obese, and 1 in 6 diagnosed with a mental illness;
- **Physical and mental fitness** are salient determinants for ability to pay **attention and learn**;
- Access to **“green space”** and **physical movement** have been shown to significantly improve health, behavior, attention and learning ability;
- Parents and teachers are **increasingly keeping children sedentary and indoors**, and resources that use to go toward playground and gym equipment are now being diverted toward ‘education technology’;
- **Overuse of cell phones, tablets, and Smartboards in classrooms** are preventing physical and social play integral for optimal learning and behavior.

This workshop raises questions regarding the impact of present day sedentary and isolative lifestyles on child development and learning, and proposes extensive home, classroom, gym, playground and community strategies to get kids ‘moving to learn’. Managing balance between technology use and critical factors for child growth and success, will ensure sustainable futures for all children.

Goal

Why Can't Children Sit Still profiles research evidenced application strategies on the use of movement and nature in a variety of environments, to counteract the effects of technology overuse and improve student productivity.

Learning Outcomes

- Identify four critical factors for child development and learning.
- Recognize how sedentary, indoor lifestyle limits achieving critical factors for development and learning.
- Explore child nature and movement initiatives for classroom, gym and playground.
- Implement balanced technology management strategies in clinic, school and home settings.

Handouts

School Movement Initiatives

Moving to Learn Equipment

Classroom, Gym, Playground Designs



3.5 contact hours = .35 CEU's

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, attachment, 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, consultation 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 her first book *Virtual Child – The terrifying truth about what technology is doing to children*.



Who should attend, instruction type/level, and CEU provision

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 format is presentation style with participant question/answer period, and are designed to be *introductory* level for therapists, *intermediate* for teachers and *advanced* for parents, child care workers and teaching assistants. *Why Can't Children Sit Still* is an approved course with the *American Occupational Therapy Association*, classified as *Category 2 Occupational Therapy Process*. 3.5 contact hours = .35 CEU certificates will be provided to participants at the end of course upon completion of question/answer period.

How to register (workshop organizer to fill in following registration information)

Register for *Why Can't Children Sit Still*, fifth in the series of six *Foundation Series Workshops*:

1. **Online:**
2. **Fax:**
3. **Phone:**
4. **Email:**
5. **Mail:**

To register, please complete and forward the following form and include any dietary or special needs requests.

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Workshop Title: _____

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

Name: _____ Occupation: _____

Address: _____

Daytime Phone: _____ Fax: _____ Email: _____

Method of Payment:

Cheque (made payable to " _____ ")

MasterCard No. _____ Exp _____ Cardholder Name: _____

VISA Card No. _____ Exp _____ Cardholder Name: _____