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The Learning Quotient – Ten Step Plan for Enhancing Learning Ability in the Elementary Classroom

The following ten step plan was designed by pediatric occupational therapist Cris Rowan for elementary school environments to enhance student attention and ability to learn. Supporting research can be located on the Zone'in Fact Sheet at www.zonein.ca.

Step	Activity	Method	Rationale
1.	Increase movement – classroom (or hallways)	Treadmills, exercise bikes, stair climbers, rowing machines, wobble boards, chin up bars	Improves attention, learning, behavior; reduces obesity and anger outbursts
2.	Increase movement – gym	Climbing walls/ropes, rotate thru stations, anytime basket ball; bring back the PE teacher	Improves attention, learning, behavior; reduces obesity and anger outbursts
3.	Increase movement - recess	Build “sensational” playgrounds with improved access to vestibular, proprioceptive and tactile input	Improved core stability and motor coordination necessary for achieving literacy
4.	Teach printing; achieve baseline output speed	K – 3 curriculum-based with standardized teaching and evaluation methodology; > grade 3 if output baselines low	Consistent motor planning for letter production improves visual recognition for reading and printing output speed
5.	Reduce technology use - classroom	Literacy first, then technology	Technology use prohibits learning; not evidence based; may be harmful
6.	Reduce technology use - home	Technology awareness training; literature sent home to parents; parent conferences	Child becomes the motivator for change
7.	Eliminate use of restraints (“safe” rooms, psychotropic meds)	Implementation of Steps 1-6 will result in reduced need for restraints	Not evidence-based, may cause irreversible harm
8.	Increase use of appropriate touch techniques	Deep Pressure Touch techniques (shoulder, arm or hand sustained squeeze)	Reduces anxiety, improves body awareness and praxis, enhances learning
9.	Increase use of connection techniques	“I see/hear” statements, positive affirmations, active listening	Promotes healthy attachment, improves socialization and interpersonal relationships
10.	Increase access to nature	20 min. per day outside or in solarium/conservatory, park field trips, school camping trips	Attention restoration, sensory calming, enhances learning