

Harnessing Energy



Sensory Tools and Techniques For Responsible Learning

Can you imagine a class where children sit still, pay attention, and independently listen and learn? Think back 50 years ago when children played outside, did chores and walked or biked to school. *Today's Children* are rarely outside, up late watching TV and playing videogames, get driven or bused to school, and their energy is all over the map! Either 'zoned out' or 'charged' and 'hyper', *Today's Child* cannot pay attention, much less listen and learn. Wired for high speed stimulation through videogames and TV, students think school is 'boring' and 'stupid'. Teachers can improve student's attention 100% by giving students the knowledge, skills and tools they need to be responsible for their energy body, and consequently their ability to learn. Through using specific sensorimotor and self-responsibility strategies, students become aware of their *Energy Zones*, and learn how to *Know* and then *Tone Their Zones* to optimize attention and get *Zone'in to Learn*. Hear the latest research about development of children's sensory, motor and attachment systems, and the effects on their cognitive, physical and emotional states. Understand the damaging impact of technology on neurological system development, resulting in *A Cracked Foundation* for attention and learning. Experience what you as a teacher, parent or therapist can do to repair children's foundations, by empowering them to harness their own body energy, and consequently improve their ability to attend, focus and ultimately learn.

Workshop Goal – *Harnessing Energy* raises awareness regarding the reasons why *Today's Children* are unable to pay attention and learn, and offers *The Zone'in Concept* to improve self-responsibility and empower learning.

Objectives

- Differentiate sensory impairment from behavior, and recognize sensory registration, modulation, and overload states.
- Using the provided *Sensory Observations and Strategies* form and the *Foundation Scale for Grades K-6*, identify specific areas of sensory impairment and apply relevant sensorimotor strategies.
- Analyze current research on technology's impact on child development.
- Identify three critical factors for child development, and list five techniques to improve sensory and motor development.
- Using the provided *Zone-O-Meter*, identify body energy zones and apply relevant *Zone'in* tools and techniques to get *Zone'in to Learn*.

The **Zone'in Program** optimizes attention by helping children to understand more about their body energy. If their energy is charged and hyperactive, or sleepy and zoned out, they can't start, sustain or finish activities. By watching the *Zone'in* DVD, and using a *Zone-O-Meter*, tools and techniques, children learn to "Switch On" to get "Zone'in and Learn!"

Cris Rowan is a well-known speaker and author to teachers, parents and therapists providing over 200 keynotes and workshops throughout North America. Cris has BSc's in both in Occupational Therapy and in Biology, is a SIPT certified Pediatric Sensory Specialist, and has worked in the school system for the past decade. Cris authors the *Development Series Newsletter*, created the *Zone'in and Move'in Educational Programs* for schools and homes, and recently started *Rowan Training Systems* for registered Occupational Therapists.



To REGISTER:

Online: go to www.zonein.ca/workshops.php

By fax: fill out the attached registration form

By phone: call 1-888-896-6346



REGISTRATION FORM

Workshop Title: _____

Workshop Date / Location: _____

Registrant's Name: _____

Occupation: _____

Mailing Address: _____

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<u>Circle the workshops you wish to attend</u>	<u>Regular Price</u>	<u>Early Bird Price</u>
Morning session	\$150	\$125
Afternoon session	\$150	\$125
Combined morning and afternoon sessions	\$250	\$200

I am paying the amount of _____ by:

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*A \$35.00 fee will be applied to all cancellations.
Cancellations will not be accepted within one week of the workshop date.*

Please FAX or MAIL this form and payment to the Zone'in office
Fax: 1-877-896-6346
2523 Sunset Dr., Kamloops, BC V2C 4K1

*For more information, contact the Zone'in office at
1-888-896-6346 or info@zonein.ca.
www.zonein.ca*