



6840 Seaview Road, Sechelt, BC V0N 3A4

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Pediatric Occupational Therapist Cris Rowan presented
“Why Can’t Children Sit Still” workshop on November 1, 2012
for teachers in Bella Bella, BC

What did the participants have to say?

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	53%	47%			
The workshop was well organized	47%	53%			
The workshop was just the right length	18%	47%	24%	11%	
The instructor was well informed	65%	35%			
The workshop materials were useful	41%	53%	6%		
The workshop objectives were achieved	47%	53%			

What was the most valuable thing you learned in the workshop?

- What a passion! I have to continue learning to add more exercise and outdoor education.
- Lots of information on web and books. Love the pamphlets on appropriate subjects.
- Taking classroom outside...NATURE!! Exercise and its benefits on mental health and ADHD; balance boards; “chill area”.
- The entire workshop was helpful.
- How we have lost/replaced movement with being sedentary. Yikes!
- The wobbly chairs...I love them! I am going to try to order some for my room.
- The basics of life that children do not exp (?) or are exposed to. Tech does not improve bc (?) my (?)
- Now I see what we put students through with blah blah blah
- Classroom tools/ideas to get kids moving, weighted mild jugs, nature walks, 2 min. breaks etc.
- Video clip highlights – knowledge presented. Research references – though others may not like this.
- The link between sedentary activities and the pruning of brain pathways. I mentioned this to my 11 yr old son when I went home for lunch. He was in the middle of his lunch. He immediately stood up and finished his sandwich while standing.
- The activities to use in the classroom.
- How to help students who need a “distraction tool” in order to learn.
- Playground equipment that meets needs for teens...a must!

Was there anything not covered in the workshop that you felt should have been?

- Everything covered. Excellent!
- Nothing
- It was great.
- No
- Specific playground equipment for 8 and up. Ideas for interacting with nature as a class.
- Residential school impact? First Nations attachment also involves all extended family. Remind teachers about what they CAN do ie classroom environment, teaching ways. We cannot control parents etc.
- No
- No

How could this workshop have been better or more helpful?

- Tables for us to be able to take notes.
- All good.
- When talking about spending more time outside and the schools that are already doing it, what does it look like for them? What are their ideas that are already working?
- More examples of different styles of classroom. Model time table that includes physical activity and...
- More consistent Zone'in breaks – sometimes it was 60 min. of info!
- More time for discussion. Less info and go into more depth. More time to discuss as to how to do/apply in classroom.
- Have a walk around at break – follow the experiential portion ie have a recess – chunk the information and less demand.
- More attention to high school-based strategies.
- Maybe presented in smaller implements as it is a lot of info to take in.

Would you recommend this workshop to others? If not, why not?

- Yes, a foster parent workshop is coming up in our community and attachment would be great for foster parents. I am going to touch base with Cris to see if this would be beneficial for them.
- Yes, very informative, you should approach other comm schools ie Klemtu, Bella Coola.
- Yes!
- Yes, this session was very informative. I am a PE teacher. Got some great ideas.
- Yes
- Yes, tons of valuable, interesting ideas to increase activity in the class.
- Yes
- Yes! Movement, attachment – so important! Teachers must become aware of how they teach and set up the environment.
- Yes, it ties together many problematic issues in a sensible way.
- Yes
- Yes, especially teachers at secondary school who think PE is class is enough movement.

Any other comments?

- Info on handouts is awesome.
- I would like to have a classroom design workshop (or example classrooms)
- Too much info – perhaps prepared packages sent ahead to allow time for more discussion?
- Avoid comments like “lots of foster homes here” the foster home is usually extended family. Get to know community. “Fix it” too much assumptions.
- I knew a lot of this stuff on a basic level. I like the way many ideas were tied together.
- I have to pause and wonder how the timing of all these ideas/plans work with curriculum that must be covered. With so many ideas from this as well as other programs in the school, there doesn't seem to be much time to work. Great ideas, I see the pros of them

- but how do we do it all? I am having a hard time processing all of this. I feel I am awash in negativity. The video that says children don't recognize a happy face, I found very upsetting. It was like a sucker punch to the gut. The video ended and then it was on to the next depressing fact. I have learned/seen so much in the last day and a half and none really positive. And most of it horrifying. There needs to be time to absorb this. I feel (and I say feel not believe as fact) that if I don't begin doing all this stuff right now, there will be apocalyptic consequences. When this session ends in an hour and a half, my urge will be to jettison all this from my brain because it is too much to handle. I may be oversensitive (I cried during the Harlow clips) but this is really upsetting. And – I just said all of this out loud. To clarify, I am glad to have all this info. I think we need it. I just would like to have more time to process, absorb, discuss and think of solutions. To discuss later is good, but something is lost if not in the moment. That gut reaction is not there. Thanks for coming. I'm glad I attended. I want to make sure that is clear. I'm just a little overwhelmed is all.
- In fact, at the intermediate and high school teachers, an average teacher tends to spend more time with students than do the parents. Older students tend to be out of the house with friends or on the technology. The issue regarding medication is our system, the pharmaceutical industry, is extremely lucrative, and hence, politically powerful. Our economic and political systems are not interested in alternative approaches to dealing with medical issues. Though, at the political level, this may be counterintuitive in the long stretch, the illogical paradigm is supported by the concepts at a national level. We, as a society, have a tremendous problem. Changing a status quo paradigm embraced by the economic and political powerful is not an easy task. A role model that you might want to consider is the lead singer for the heavy metal group – Iron Maiden – Brian Dickinson. Not only is he an incredible singer and stage performer, he is a certified commercial pilot and flies Boeing 747's for Icelandic Airways: he is an Olympic level fencer, and an accomplished actor. Is this guy for real? How can one person be so accomplished at such diverse (high level) activities.

Analysis: Want discussion, more depth, less info, more application.

Action: Include other example classroom set-ups; include mock-up of daily schedule including breaks, more consistent Zone'in breaks (timer?), sent handouts ahead and ask to be distributed by email to teachers. Include specific playground equip for > age 8 with nature ideas.