

Pediatric Occupational Therapist Cris Rowan presented  
**“Screen Time vs. Green Time” workshop** on March 24, 2012  
**to professionals in Chico, California**

*What did the participants have to say?* (171 responses)

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	73%	25%	2%		
The workshop was well organized	76%	22%	2%		
The workshop was just the right length	52%	28%	15%	4%	1%
The instructor was well informed	84%	14%	1%		
The workshop materials were useful	78%	16%	5%		
The workshop objectives were achieved	73%	25%	2%		

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

- How can I narrow it down, Everything!
- To (remove) some of the technical noise and distractions for children’s learning.
- All the information that was presented.
- All of the material was really great. Cris had some great information and the videos helped, too.
- The effect of technology on children.
- The effects of technology with children. I enjoyed the slide shows.
- Brain damage due to holding energy in.
- It reinforced what I already knew. The facts will help to spread the information. I worry for our children. I teach High School students so I hope to make a difference.
- Sponge Bobs.
- Yes, some people are not aware of the importance of balancing technology use.
- How important it is to dedicate time talking to our kids and teaching them without technology.
- Statistics.
- All the information.
- Information to give to our parents.
- Physical activities are important and touch Best Friend.
- Touch strategies.
- What technology is creating in our young children.

- All flyers.
- How important it is to unplug!
- Touch.
- The touch. The monkey being separated from its mother.
- That technology plays devils advocate on the brain.
- Being made aware of the detrimental effects of technology on a child's social/emotional/cognitive development.
- That technology is really impacting our children's lives.
- Everything was wonderful. A little overwhelming but I can't wait to put it into practice.
- How sad it is that so many children are medicated and diagnosed with disorders.
- Everything was great! So sad and scary for little children. Need to get this information to elementary school administrators.
- Touching, disconnect to re-connect.
- To check how much media a child views before....
- Handout. Websites.
- \*I learned how to do exercises when children are not in the mood for learning.
- The facts and studies that were presented.
- I enjoyed the video clips – they were very moving.
- Learning about the effects of technology.
- Technology can have an effect at an early age.
- The negative impact technology has on so much of the child. Also, how children are being medicated.
- The research – to validate what I already know.
- How important it is to disconnect your children from too much technology.
- Everything really is valuable as we think about children.
- Confirmation through brain research on the impact of technology on young brains.
- All information was so pertinent.
- How the brain synapse can get pruned.
- The many suggestions that I'll certainly use in my class!
- Learning about touch and making sure kids get outside.
- How technology over use impacts our children.
- To remove the TV, etc., out of school and home.
- Asking our children, "how was your day?" and asking them to "tell me something good"!
- To step back and look at the whole child and what is going on at home.
- Exercise creates great brain stimulation.
- Everything! We will be taking a lot of the ideas back to our classrooms.
- Depression.
- Five Primary Concerns.
- The importance of keeping the front lobe part of the brain stimulated.

- Video games and TV are not good for the learning of children. Speech problems are more understandable. We have 5 children w/lepw/speech.
- Things about media I didn't know before.
- Things that children really go through growing up and understanding what technology does to the child.
- Getting kids back outside.
- Practical ways to use the information in the home and classrooms.
- All of the information that was given by the speaker.
- We need to interact with children more.
- The unplug part in technology and touch part. The importance of interaction with kids and not to medicate the addiction but do some things that are helpful.
- Exercise improves behavior and attention.
- It made me aware of the long-term effects of technology.
- The technology effect on children.
- How technology may affect the way a child learns. Also, how physical activity improves learning.
- What technology does to children.
- The effects of technology on children.
- The stats on how movements affect learning.
- How children are addicted to technology. But, just about everything.
- Making sure that children get enough "free wiggle" time to help achieve my goals and support them.
- That most kids put more attention on electronics than being outside. Have them expend their energy outside.
- Statistics about how many hours children spend on technology-related subjects.
- The importance of outdoor play and the benefits to the brain.
- We need to learn how to let go of devices and spend more time with the family and be outdoors.
- How bad technology can be for young children.
- Attachments, outdoor nature.
- I got to think more about TV time.
- How technology affects children.
- With the overall information and access to research, I can further educate myself and share with others.
- Technology overuse deprives children of necessary tactile stimulation and causes pruning of neuropathways.
- The Baby Einstein information.
- Information about video games and too much T.V. watching. Children must be able to play outside. Creative play is so important.
- Importance of family involvement. Parents for unplugging with their children.
- Statistics. Enjoyed the Power Point.
- Limit technology. More outdoors and exercise.

- How technology is hurting children and what parents, teachers can do about it to help children.
- Resources for parents on importance of limiting technology.
- There's hope and help for those kids with big problems besides medication. Thanks for a wonderful presentation.
- How video games are hurting our son.
- Pushing for children. All websites, all information to share with parents.
- Movement in children is very important for the front forehead.
- The reality of the amount of technology that kids are exposed to.
- Importance of monitoring use and time using electronic devices—phone, iPods, etc.
- Exercise to learn.
- Resources about the effect of screen time on brain development.
- That technology is really not good for children. Great clips I can share with my parents and some older children.
- The Dr. Harlow study. Exercise in school clip on ABC—her knowledge of this subject.
- Limiting technology. I liked the monkey video.
- It was nice to hear the research behind what I've believed for years—I have grandkids that need this.
- The harmful effects of technology.
- I loved the different pushes—chair, palm, etc. Children can be addicted to technology!
- The exercises for use with kids.
- Very good physical activity tips.
- Reassured me we are doing things right.
- Preschool fitness equipment and encouraging more hands-on nature activities.
- The few techniques to breath, calm down “zone.”
- New information on brain development. Impact of technology.
- Everything.
- Limiting the use of technology.
- Reinforced information I already had. Good parent information.
- Things that we can do with children during class.
- That technology affects performance when children do not have physical activities.
- The value of not giving kids technology at such an early age. The harm it can do in their development.
- That technology deprives kids of human connection.
- Validating the work we do.
- I liked the research that I can give to parents.
- That using cells, ipods, computers affects the frontal lobe. That children need outside play and to use their core.
- Movement while learning. I really want to implement this more.

- How to channel children's energy and how to have effective touch.
- About the Spongebob TV show.
- Loved all of the information on brain development.
- Kids learn better when they can move around.
- The realistic prognosis of what will happen to our kids.
- About ADHD and Green Space.
- That children are lacking in skills that are very important. Touch, social, etc.
- Deep pressure touch.
- Getting kids outdoors to learn about the environment instead of sitting and watching TV.
- About EMF's on wireless.
- Presentation reinforced what I have been doing and what I have learned.
- I liked learning about moving and jumping during circle time.
- I learned many tools to use with behavior issues in the classroom
- Less technology in classrooms. More playtime.
- The importance of limiting technology.
- Set up outside playgrounds to be more green.
- How technology is impacting our children. How exercise and activities help us learn and better growth and development.
- To continue developing my "kids" with lots of physical exercise.
- The statistics – they were very alarming, yet not at the same time.
- I enjoyed your tips on how to get children to quit fighting.
- About how even brief exposure to violent video games or television can affect children.
- Everything was very good information that will help me.
- Technology use.
- Not to do Baby Einstein.
- The effects of technology on children.
- That parents need to turn off the screens and the fix is easy exercise and go outside!
- Parents only need to spend 3 minutes talking meaningfully to their children.
- Confirms what I see in my classroom, e.g., lack of communication between parent and child—and, too many video games & TV.
- One-third of children entering grade school have developmental delays.
- So many children were misdiagnosed and many on drugs for behavior problems. Learned how exercise changes the brain.
- Having children move while learning 😊
- Incorporate more movement before reading. Direct instructions to get children to be more attentive and able to learn.
- \*The importance of children withdrawing from video games.
- \*Not to use the media. Share more with the family.

- \*How important it is to keep our children away from TV and internet games.
- \*Remember and affirm the dangers that can come from the misuse of technology.

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

- Wonderful as is!
- Not that I can think of. It would have been nice to spend more time on certain topics but with the time we had she covered a lot!
- Videos of children with ADHD and their parents. Home setting relationship.
- The workshop was more informative than I had hoped for.
- All good.
- Not at all. Very impressed.
- No, I just wish the slide show would have been finished. ☺
- It was very good—I'm taking college classes and the things you talk about we also discuss in class. Thank you.
- Food and the brain.
- Isometrics. Exercises. This was just not discussed enough.
- Why do we have more children with autism and other health issues?
- Would have loved more time to hear more.
- No one mentioned that music is excluded from technology.
- More techniques for classrooms for early age children.
- More techniques for classrooms.
- No, the presentation was put together well.
- Landfill issues. What is happening with all these screens?
- More ideas that we can use in classroom.
- All covered.
- No. It was very informative!
- Maybe more interaction with the audience.
- It was very complete.
- Everything was okay.
- Can't think of anything.
- Great presentation.
- Resources for children with severe physical/developmental delays (disabilities).
- I thought it was great.
- Music.
- Would like to see more "zone" techniques to teach our children☺ We need them!!
- How to get elementary schools on board.
- Not really.
- Everything was very informational.
- Information about kid's cartoon movies like Disney, etc.
- I felt it was well covered.
- No, I think everything was covered.
- No, it was good ☺
- More of what (specifically) to do about today's problems.

- What can we do beside put kids on drugs?
- The research information and examples.
- More about the speaker's experience in the field.
- More on how to handle behavior problems.
- I believe that I learned much vital information.
- More examples of Home Nature Initiative activities.
- It's really hard to impress parents of the importance of too much TV and lack of talk.
- More on special needs kids.
- \*No, everything was good.
- \*Diversity and importance of play for children—mainly play outside.
- \*I think it was very successful.
- There were an additional 47 "no's."



How could this workshop have been better or more helpful?

- Evolution is a theory so that picture is the only detail that I disagreed with. Other than that you were amazing.
- Would like more breaks.
- It was really great 😊
- Brochures in color.
- More time.
- Material in Spanish.
- It was very enlightening!!
- Was Great!
- Could have listened to more.
- I liked watching the little videos 😊
- I would like a handout I could give my parents.
- Play dough at the tables. Pass around toys.
- Have it in Redding.
- It was a lengthy presentation so more opportunities to move around.
- I think it was done in a wonderful fashion. Thanks.
- Very good workshop.
- Maybe a list of active tricks (hand push, chair push, --how to do it).
- Not sure. Very good.
- All great.
- More movement. Sitting so long is tiring even if the information is good. I did enjoy it.
- More information on busy children.
- I enjoyed it very much. Very educational.
- More on the importance of play.
- All good.
- Maybe broke up into sections so wasn't so long.
- Maybe break up into groups or more breaks.
- Personal experiences with stories.
- I think it was great.
- More breaks.
- Not so long.
- It would be helpful if we could see Cris' movement because it was hard to see what she was doing.
- I feel it was fine and very useful.
- Could be a little shorter. Hard to keep taking in everything.
- It was great. A little lengthy, but lots of info!
- It was perfect.
- More explanation of age appropriateness.
- More hands on.
- More hand outs.
- I can't tell. It was well explained and well translated in Spanish. I think everybody got good information.

- It would be helpful if we could see your movement. It was hard to see what you were doing.
- Smaller and more interactive.
- Would have enjoyed an all day workshop revolving around Cris's topics.
- The workshop was very informative.
- It was great !!!
- It was awesome!
- It was perfect.
- Small breaks or more active moving to stay focused.
- Very helpful. Liked how the slides had 2 colors, easier to read and focus.
- It could be longer.
- Nothing at this time.
- Maybe 2 short breaks.
- Thought it was just wonderful.
- Have this workshop in Redding. I need my supervisor to hear this information.
- I felt like the workshop went too long and much of the information was repetitive.
- Shorter. The subject mater is not interesting enough to stay interested for 3 hours.
- I wish it could have been all day.
- By doing more activities.
- I feel it was very informative.
- More videos and hands-on activities.
- More short breaks to move around.
- More hands-on activities to share!
- Maybe 2 breaks instead of 1
- I thought it was great. I appreciated that Cris was clear to understand and completely knowledgeable in her field!
- It was good.
- I think it was all okay and everything was covered.
- More interactive.
- More time on how to change things—less sales pitch.
- I think more hands-on stuff.
- It was great.
- Allow questions after each section to encourage conversation.
- More on Green environment.
- More interactive.
- It was very helpful.
- Less rushed at the end.
- Allotted more time or broken down with more small breaks.
- Broken up into smaller increments.
- I liked how it was a little interactive with the breathing techniques.
- I would like to have a break after 50 minutes.

- More audience participation.
- More videos with examples of the damage done by the overuse of technology on our children's brains.
- I think it would have been better if there was more time to separate each topic.
- I would appreciate it being shorter or having more frequent/longer breaks.
- It could have been shorter. A lot of talking.
- Lots of information. Hard to translate (communicate) to families the seriousness of this issue. Maybe a one-stop handout that highlights key (critical) issues.
- One more break!
- More parent tips.
- \*Everything was perfect.
- \*I think there should be a little more of this.
- All was well. Thank you!
- Maybe more question/answers?
- Maybe could have been a bit shorter.

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

- Absolutely. It should be required for all new parents.
- Yes for nursing professionals, educators.
- I recommend this workshop because it is helpful and interesting.
- I believe it is very important.
- I would recommend it for public school teachers, K through 12, principals and those in charge of budget government.
- Absolutely.
- For sure, super job!
- Definitely.
- Yes definitely, especially to family members.
- Yes. Policy makers.
- Yes. Parents are really not aware of how technology is affecting our kids.
- Yes. It was good and informative.
- Yes. I think the workshop is very helpful. Thank you.
- Yes, to spread the knowledge about the effects of too much technology.
- Yes, parents, and teachers. Wonderful, useful information!
- Yes, the information was very useful and this is a workshop that would benefit everyone.
- Yes. Anyone in education. Would love to share with our parents
- Yes I would! More elementary teachers, school boards and principals!
- Yes!! Awesome!
- Yes, especially to parents.
- Yes, especially to parents.
- Yes, I thought of several teachers that could benefit from this workshop.
- Yes, definitely.
- Yes – to parents. (I have some in mind ☺).
- Yes, more parents, my daughter.
- We are so thankful you came to share with us in California.
- Yes. So important to parents, educators, gaming industry.
- Absolutely!
- Yes. Make it for the parents.
- Definitely.
- Absolutely!
- Yes. Very good and wonderful knowledge.
- Yes. I enjoyed your workshop.
- Yes definitely.
- Yes. Information everyone should have.
- Yes, it's educational.
- Yes, of course.
- Yes, it is very informative.
- Yes! Fantastic information and ideas!!
- Yes I would, especially to parents.
- Yes, really interesting and useful information.

- Yes, helpful.
- Totally. Wish others were here.
- Yes, especially to parents and doctors.
- Yes, especially to parents.
- Yes, very important facts.
- Yes, very informative.
- Yes, it's good information.
- No. Most of the information was common knowledge.
- Might. I would rather refer/go to a "zone workshop."
- Absolutely!
- Time to ask questions?
- Yes, an eye opener.
- Oh Yeah.
- Yes—all parents with young children.
- Yes, to many others.
- Yes, Parents would benefit from this information.
- I enjoyed her much and learned a lot.
- Yes, many educators need to have this information and our government needs to get on board to make this happen.
- Yes! To the school-age teacher.
- Yes. The information is important.
- Yes, I would open it up to parents as well and not just professionals.
- Yes. Workshop was very helpful.
- Yes. Very informational.
- Definitely. VERY helpful.
- I would highly recommend "parents" take this in some form of "parent's +night" activity.
- Yes. I am going to actually use some of your examples to explain some things to my husband. Thanks 😊
- Yes, extremely informative and opened my eyes to many things.
- Yes. Very informative.
- Yes. I feel parents and grandparents should know about the elector magnetic radiation.
- Yes. It was very informational.
- Yes, affecting parents!
- Definitely.
- Yes. This is important for all parents and teachers to learn to change how we incorporate or take out of our classrooms.
- \*Yes, because it is the fact.
- Yes, it was excellent!
- There were an additional 74 "yes" responses.

Any other comments?

- Thank you soooo much. Cris was very well informed and the handouts were extremely useful.
- Well done. Thank you.
- Great job.
- Thank you! ☺
- Excellent. Great information.
- Thank you for worrying about our children and the negative effects of technology use. God Bless You and take care of you!
- Thanks for a great conference. My High School students learned a lot. They will take it with them.
- Enjoyed the film clips.
- Would like to attend another one.
- Thanks for the information.!!
- Loved it!!
- Thanks! ☺.
- You did an awesome job.
- Thank you for the great information!
- I made the comment to my friend that I would love to take a class with you as the instructor. ☺
- Great. Thank U!!
- Thank you!
- I would like more information about literacy. Steps to reading!
- Some of the exercise equipment for daycare would be impractical, licensing regs and room, but the sit down exercise is great.
- None. Very informative.
- Very valuable information.
- Loved it. Thank you.
- Thank you so much!
- Yes. Family and friends.
- Thanks for all the information. I really learned a lot.
- Great information.
- I learned a lot but will definitely be using the website for more information. Thanks sooo much! Good Saturday well spent.
- Thank you so much for coming to California.
- I liked all the videos.
- I missed near the end when it showed what ADHD is and is not and it wasn't in the handout. I really wanted to see that information.
- Thank you.
- It was a little long but other than that it was great and VERY eye opening. Thank you.
- Thanks for coming from so far away ☺.
- Loved the touch and movement ideas!! ☺
- I really liked everything. Very informative. Good job!

- Some of the ideas could have been explained better.
- Really nice words used.
- Very informational.
- Thank you.
- TOO COLD!
- Good.
- Children do not know how to play. They expect someone to play with them. They cannot be creative, e.g., building something, draw, etc.
- I would like another workshop by Cris Rowan.
- Great video clips and Power Point handouts.
- Liked all the facts and slideshows. Great! Well presented.
- How to spread the word to community. I like how you gave permission and encouraged people to move. Is there information out there that we need to move every 20 minutes of sitting for memory, etc. and if this is so, you could model this in your presentation?
- Thanks!
- Another workshop.
- Thanks!
- In my experience, this material is something that most educators should already be aware of due to continued education requirements and the program should be used in its full extent with families.
- I loved the “get in the zone” idea – great.
- Great job! Keep up the good work.
- More.
- Appreciate the lecture and reading materials passed out to us. Would like to have more information. I could post @school (pre-K) bulletin board to inform my parents. Think of people/families we could reach?  
\*Bookmarks we could order  
\*Brochures – teach us teachers to advocate for you ☺
- I will be sharing this information at my next parent meeting and my POC classmates.
- Very eye opening!
- Great job presenting.
- Thank you for your passion and support in this field.
- Thank you!!
- Cris was very interesting. I really enjoyed the presentation. Thank you.
- Thank you and I appreciate your time and effort.
- Stay on time for lunch. You lost me about the time you wanted me to fill this out.
- Love the information and enjoyed the videos and websites.
- Thanks very much for raising self awareness.
- Length a little too long.
- Provide parent resources in Spanish.
- Great job – loved the data to back up.
- Yes, all teachers/parents should receive this information.

- Great examples.
- I actually learned a lot!!
- I thank you for your extensive research.
- Thanks for coming from so far!
- Thank you. You have great knowledge. Thanks for sharing.
- Thanks. Some of us know this but changing other's ideas is going to be an enormous task!
- Porn – 40 something percent of kids under 10!
- Do you go to schools for conference?
- Have you read the book “Killing Monsters”? The author suggests that violent TV/video games are no different than non-violent shows/games, that it all has the same effect. I am interested in doing more research on the issue.
- Great information.
- \*Congratulations to the presenter.
- \*Very good.

\*These comments were in Spanish. They were translated with the help of Google translator and may not be totally accurate.

**Analysis:** Participants requesting additional exercises, Zone'in breaks, and two (instead of one) refreshment break. Also would like to know more about speaker's experience, and would like better view of speaker doing different exercises. One respondent did not like evolution slide.

**Action:** Will suggest two 10 minute, as opposed to one 15 min. break, and do more frequent Zone'in breaks. Will start with more detailed speaker bio, and speak from stage, as opposed to floor for better participant viewing. Remove evolution slide.