

Pediatric Occupational Therapist Cris Rowan presented
“Screen Time vs. Green Time” workshop on Jan 26, 2012
for professionals in Kamloops, BC

What did the participants have to say?

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	60%	40%			
The workshop was well organized	81%	19%			
The workshop was just the right length	58%	42%			
The instructor was well informed	96%	4%			
The workshop materials were useful	63%	33%	4%		
The workshop objectives were achieved	69%	31%			

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

- Everything.
- The statistics of the learning disabilities and mental disabilities as well as the initiatives. Tree, Zone’n
- That all technology emit EMF. Green space reduces ADHD.
- .Enjoyed the first part – a lot about how children learn.
- Keep the kids active and limit TV time.
- All the reminders about disconnecting and the value of spending time with your children.
- Realizing my oldest plays too much on her DSI.
- Learning to unplug in general.
- Honestly? Now I feel justified in restricting my sons TV, video games, etc. time. My boys only get ½ hour a day.
- Ideas to implement in my Kindergarten classroom, e.g., design, green space scheduling.
- I liked the very real, practical tips.
- Proprioceptive activities.
- Modern technology is not so great. Keep with old fashioned hands-on teaching.

- Balance.
- Ft. St. John playgrounds in high schools. Funding sources.
- Information on ways we can support or fix the foundations for early development.
- ADHD is helped with outdoor activities. Very informative workshop.
- Good background information to help us promote movement and attachment, etc. in schools.
- Proprioceptive system and vestibular system.
- Strategies to use that don't cost money.
- Supported my own perceptions of this topic and provided wonderful and relevant information.
- Dopamine – frontal cortex connection, pruning.
- Need to change our systems that our children are supposed to thrive from.
- Everything.
- I love that it was empowering – focus on what we can do. I need to touch more!

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

- No
- Inform parents in a way that would not insult them.
- More activities to do with school age children (although it did give links).
- Somewhat specific, I know, but what can we do as daycare owners to have different climbing areas, mini trampolines, etc. when our licensing says we cannot have them?
- No.
- Jam packed with great information!
- Could you include observations from teachers with 15-20 years of classroom experience?
- No.

How could this workshop have been better or more helpful?

- No ideas.
- Focus a slide on younger ages and the relations between screen entertainment and nature (Green Time) or medications and young children.
- The workshop was good.
- More handouts for parents.
- More activities – (if you don't have a computer, how would you have found ideas?) e.g., games.
- Expressing more ways in which we can communicate to the children (on top of ways/examples we can use).
- More interactive and more movement for participants.
- Brief introduction of participants for possible networking opportunities. "He. We. Earth" questions.
- Was great – can't think of anything.

- Ways to fund changes/materials.
- More length/detail.

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

- Absolutely.
- Yes, everyone.
- Yes.
- Yes, important information for parents to understand.
- I appreciate the time taken to teach us and educate me about zoning in.
- Yes, teachers.
- Yes, definitely.
- Yes, thank you!
- Yes. Will take to the staff at my school, LART, & PAC.
- Yes, lots that I can immediately share.
- Yes! So much information. Use it, teach it, get the most out of our children.
- Absolutely.
- Yes. Things need to change.
- Absolutely. I'd love all of our kids and teachers to see this.
- An additional 12 responded "yes."

Any other comments?

- Wonderful.
- Done very well. I'm happy that it didn't go over the time.
- Would enjoy learning "good" technology vs. "bad" technology, e.g., leap pads? Good? Bad? Calier vs. Spongebob, etc. Sometimes hard to know—not just to limit time—but WHAT kids should be watching and at what age. How to manage technology, e.g., Facebook. Great for another seminar?
- Thank you for all the information.
- Wonderful job. Thank you so much. Very informative.
- Have you read, "I am a Pencil" (sadly cannot remember author)? It's about a teacher in an inner city school in New York and how he brings nature, art, music, etc. into his classroom. It is a true story and very powerful. I think you'd like it.
- Excellent workshop. Interesting to watch your program develop. Have been to many over a 5 yr period. Thanks. ☺
- Thank you for the Zone'n DVD.
- I love the way activities are available right in the classrooms. Game making is a course that is offered to grade 8's. Schools need to get on board.
- Thanks for the ideas!
- Bring back the PE teacher. This session would be awesome to have in Kamloops.

- Thank you. Informative, well-presented, thought provoking and enjoyable.
- Spread the word. Generation to generation. Change will happen.
- The hand outs will be great for families I work with.
- Well organized. All MEAT!

Analysis: Generally well received. Want info on “good” technology, more balance.

Action: Will add more info regarding not just limiting tech, but in being able to determine what type of tech is better than another.