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Pediatric Occupational Therapist Cris Rowan presented
“Why Can’t Children Sit Still?” on November 1, 2013
to health and education staff in Bella Coola, BC.

What did the participants have to say?

| | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree |
|------------------------------------|----------------|-------|---------|----------|-------------------|
| Workshop objectives were met | 51% | 44% | 5% | | |
| Workshop was well organized | 44% | 53% | 3% | | |
| Workshop was just the right length | 67% | 30% | 3% | | |
| Instructor was well informed | 67% | 33% | | | |
| Workshop materials were useful | 55% | 38% | 7% | | |

Most valuable information learned in workshop:

- LOTS of strategies, not one size fits all.
- It was interesting to learn about the evidence of safe rooms.
- How to get students moving in the classroom.
- Kids are meant to move. Kids can learn and retain while moving.
- Classroom and gym designs.
- Tips for doing school work outside and types of activity to do for low or high energy.
- How muscle exercises raise and lower energy “zone” levels.
- Methods to help students get in the zone.
- Website info.
- The power of movement.
- Kids need to move!
- Different types of outside equipment for all ages.
- Health is integral to learning.
- Child behavior management.
- Child behavior management.
- Statistics and data based on research
- 2 min-breaks I need to “schedule” into day more.
- Extensions of things/activities already in place in our classrooms.
- How to exercise in the classroom.
- Techniques and strategies for in-classroom.
- To monitor tech in my home with my children.
- The various techniques to calm kids or get them in the “zone”.
- Different types of exercise.
- Different ways to work with students/children to get them to focus in class.

- Activity promotes learning.
- The most valuable thing I learned from this workshop is the information and different strategies to use with the kids who need their space.
- That exercise improves learning. The studies are amazing.
- Beneficial information to keep children's minds active.
- The exercises you can do with kids.
- Limit tech use and more play and green space.
- Children are just children. Don't be quick to get diagnosed, and don't ask parents to get them diagnosed, not our place.
- Exercise is important, but Wii games aren't a good source of exercise.
- It's hard to be a teacher now a days because there is too much behavior problems due to mental disorders.
- Hands on learning is the best. 20 min. per day of outdoor activities is better than placing children on Ritalin for adhd.
- The importance and benefits of outdoor/nature play.
- That kids are just being kids when they are overactive. It is not psychological.
- Just to get them out and motivated.
- Precise information about all that we already suspected.
- Attention difficulties are increased by tech. Frontal cortex is pruned with more tech.
- Motivate students to get back to nature.
- Techniques to get kids in the zone.
- Kids are not built to be static, they need to be dynamic!
- How shocking violence/tech abuse is. Using balanced tech/appropriate times.
- Lots of playground/sitting solutions.
- Disabilities – “Stand Up or...”
- Connection of nature play to adhd.
- I think playgrounds and nature are the best way the children learn to find their spirit that's inside of them.
- How to move 'into the zone' if ...child is too low or too high energy.

Information not covered that would like in future workshops:

- Equipment use and liability.
- It would have been great to learn more brain breaks so that we could practice and reactivate ourselves too.
- More ideas for high school students.
- More ideas for high school students.
- More tips.
- N/A
- Interested in more of “playground” legislation. Have noticed a lot of certain equipment disappearing from parks.
- No
- N/A
- No
- No
- N/A
- No
- N/A
- Too bad she had to rush through.
- Not that I am aware of.
- N/A
- No
- No

- Zoning into the “Green” – a good idea like sweat lodges.
- Not that I know of except how the lunch time went so slow with the line up because teachers were visiting at the lunch bar!
- No
- Why politicians seem to be unaware of all these facts and studies? Or are they? The “big picture” involves economical and political context. Why is it that the Ministry of Educ is not really doing its homework?!!
- Showing students talking about what they think of video games.
- How does Smartboard and iPads effect learning in the classrooms?
- Good to reinforce capacity/capability for children to self-regulate.
- Where to find \$\$ for these great ideas!

How workshop could have been better or more helpful:

- To be more active by having more quick 2 min. physical breaks.
- Some cooperative/group work!
- More geared toward high school.
- Sharing more success stories with these new initiatives.
- Pace workshop over 2 days. More time for questions and discussion.
- Longer even if others don't want to stay.
- Perhaps more time for input. Would prefer smaller groups.
- N/A
- No
- No
- N/A
- N/A
- Longer – too rushed
- I find this workshop to be just fine. I don't see any improvement needed.
- More time would be helpful.
- N/A
- Longer
- I would like more interaction.
- Invite parents and make it outside of school.
- We use/see some of the ideas you show pics of.
- Other tactics other than play.

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

- Yes.
- Yes it's good for parents and any caretakers.
- Yes
- No, most of this was covered in university education courses.
- Yes!
- Yes
- Yes
- Definitely, for both parents and students.
- Yes, so informative.
- Yes
- Yes! Great info!
- Yes! Parents, Nuxalk Nation Chief/Council all need to be informed!
- Yes; should be presented to all politicians.
- Yes to all parents of the community!

- Yes
- For sure!
- Yes
- Definitely – very interesting.
- Yes
- Yes because technology is so overused and we don't know the consequences.
- Yes I wish parents would come to these workshops.
- Yes
- Yes
- Yes
- Yes I would recommend this workshop to others as it is very informative.
- Yes most definitely.
- Yes
- Yes
- Yes
- Yes
- Yes, it was very interesting.
- Yes
- Yes
- Yes
- Yes, great information.
- Yes, very helpful
- Yes! It was very helpful and will be useful.
- Yes I would.
- Yes. Would show parents this info.
- Yup!
- Parents
- Yes
- Yes!!
- Some
- Yes
- Yes because it was very informative.
- Yes

Presenter comments: I provided parent workshops on two occasions held in the BCS gym, but there was poor attendance, even with an article the local paper. Possibly may want to consider distribution of handouts, and have sent everyone a sample of newly revised parent brochure.

Additional Comments:

- .What are ways to motivate high school students to be active/ use playground/gym equipment?
- Less hypotheticals.
- Thanks.
- Thanks. It would be nice to explore use of "green" or natural environment to be used for play area.
- Satisfied with everything.
- Good stuff!!
- I want my own Hokki Chair! Thanks!
- Thank you.
- I strongly feel you are doing a HUGE disservice to individuals who have adhd by saying ti can be cured by 20 min. outside. Hyperactivity and lack of self-regulation awareness skills are not the same as having adhd. Please stop invalidating the experience of people

who do actually have adhd. That is similar to telling dyslexics that their inability to learn in a conventional classroom is their personal failing. Are you sure that is the message you want to leave people with? Feel free to talk about over diagnosis and drugs being offered as a wholistic solution (which they are not, although they are fantastic as a means of support while the individual that is adhd [not just hyperactive and lacking self-regulation skills] begins counselling and retrains habits for more effective coping tools for living with adhd). Please reconsider your perspective. Any learning challenge, diagnosed or not, leads the individual to a learned experience of them self as a failure and that deserves understanding and respect. One of my strengths as a teacher (with adhd) is my empathy with students and my understanding that learning can look very different in different individuals, and allowing conversation and space for that in my classroom. Food for thought. Thank you for sharing your presentation. It had some great ideas that I enjoyed hearing.

Presenter comments: the Foundation Series Workshops are research referenced and evidenced based, and to date, there is no evidence showing adhd is a disease or a verifiable disorder e.g. no neurochemical or neurostructural differences between children with adhd and children without adhd. Evidence does show that after one year, stimulant medication is no longer effective (due to brain adaptation), and can in fact be harmful (see Raine ADHD Study 2010). Studies do show use of movement, nature, touch and connection (attachment) initiatives do reduce adhd symptoms and improve attention and learning. *Labelling* is quite often *disabling*. We can spare children and parents the grief of going through diagnostic procedures (as well as costs to the health and education systems) by using a front line approach of evidenced based alternatives.

- Awesome information.
- Good information that is very useful.
- I really enjoyed this workshop. It gave me more knowledge to help the kids. Even adults need to do this, myself. Very important for children.
- When I was younger I didn't play outside but in the library reading books, not on the computer – how is this different? Aside from being exposed to violence and overstimulation? Am I not normal? So many factors to consider – sleep deprivation, malnourished/hungry, neglect, emotional/physical abuse, shyness, quietness, interest and coping skills and many more. How do you know that technology overuse is the cause of these issues and behaviors, plus control groups can never be the same because of these factors.
- Good workshop.
- More interaction shows us how to retain information.
- I really enjoyed how asking questions can really improve learning. Kids and their environment – how they are a small part of a much bigger picture. Great workshop!!
- Thank you for the knowledge.
- Hunting is killing innocent and unaware wild animals. If people think killing animals is all right, why kids should see a big difference towards understanding human beings? Adults kill, show killing, make war, hunt, eat meat and produce junk food and junk ciders etc. kids follow examples.
- I recommended this workshop to Acwsalcta School because I felt it would be beneficial for all teachers and people who work with children. It was a great refresher. I went to Cris's workshop last year. New things in this one, and I learned even more!
- Bring in some of the materials you talk about e.g. the "lazy susan" thing.
- Really helpful getting mind wheels turning! Thank you!
- Thank you for talking about environmental stewardship; it is so important!
- Good workshop!
- Incorporate music education.
- Great. Thank you.
- Awesome.

Analysis: additional info requests for equipment use/liability and funding sources, more ideas for high school students, showing students talking about what they think of video games, more time and interaction, more energy exercises, and for parents to receive this info.

Action: to add slides on liability and funding for equipment, and have emailed committee handout on movement initiatives for teens. Would suggest to school to discuss technology use in classrooms, and ask children/youth their thoughts on media use. Unfortunately this was a large group, and would have been difficult to have open discussion and interaction. Loved participant's idea to set up equipment in back of room for those who need to move to attend, and will try this next workshop.