



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 October 18, 2013
for early childhood educators in Richmond, BC

What did the participants have to say?

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	63%	37%			
The workshop was well organized	69%	31%			
The workshop was just the right length	47%	38%	15%		
The instructor was well informed	78%	22%			
The workshop materials were useful	72%	22%	6%		

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

- Different perspective of tech.
- Handouts, examples
- Vestibular stimulation and balance.
- I learned a lot of movement for the children which I’m excited to try out!
- Tech time and sensory stimulation.
- Deep pressure touch. More ideas to use on how important it is for kids to move/different positions for coloring e.g. standing, lying on stomachs.
- Technology and lack of parental discipline needs to be addressed in this area.
- Need more large motor activities and more outdoor play.
- Different techniques/strategies in the classroom or tools to use for hyper children.
- Techniques and strategies in bringing a child’s energy down. Amazing info about the video games, cell phones, computers, and brain/social development.
- Links with resources.
- How to engage children in movement.
- We need to touch children to help them to calm down. I believe everything is about love and caring.
- Movement is important.
- How exercise before class “math” had a rather large benefit to children’s learning.
- That there are ways to calm children down. It is okay for them to move.
- Impact of tech. Tech guidelines. Vestibular system info and proprioceptive system info.
- Seeing different equip/tools for children and new games to use...in our program.
- How technology is really immobilizing children and leading to behaviour problems.
- Movement – Gotta get going!

- Everything that she taught in this workshop was awesome.
- What electronics and its games to children of all ages including adults.
- How to regulate the different energies of a child and use different techniques for hyper or low energy states.
- How much tech is too much and effect of tech on learning ability.
- Getting children active.
- Good stuff on energy.
- Hearing different ideas of using materials and practical things that most of us have.
- Zone'in Resources
- Zone in on feelings.
- Video game info and ideas.
- Ideas on ways to have a safe way to express energy positively.

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

- Funding
- A brief review of attachment significance.
- More info regarding licensing issues / every daycare licensing officer is strict in certain areas.
- Can't think of anything.
- I was very happy.
- No
- No
- No
- No. It was a good workshop.
- More 'hands on' involvement.
- No
- No, not really.
- Nope, well done!

How could this workshop have been better or more helpful?

- More movement activities.
- Maybe more time to comment or ask questions.
- More movement for us participants
- Without long break.
- More activities in group, more interaction.
- Was good.
- Enjoyed the stretch breaks and different methods of energy release to get into the ZONE!
- Maybe a little more question time or discussions.
- I feel it was well administered.
- N/A
- It's been helpful. I will use some of this in my workplace.
- More hands on.
- When enhancing anything for our children – government needs to support this!
- Shorter lunch.
- Maybe more ideas on how to initiate movement with ones who don't move.
- More ideas (you gave lots already)

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

- Yup
- Yes
- Yes
- Yes
- Yes, definitely
- Yes
- Yes – all schools and daycares should know this info – too much technology being more important than recess and movement.
- Yes
- Yes, very good info I already shared on facebook!
- Yes. Need more professionals involved to do this in their outdoor area.
- Yes!
- Yes!
- Yes
- Yes
- Yes. Teachers need to know our children need to move, and can't be sitting all day.
- Yes
- Yes, I think I will to the teachers of the school in my area. Yes, this is important for all schools to be aware of – all teachers.
- Yes
- Yes, a lot of great info to be used by all especially when you're at wits end with what to do with aggressive children.
- Yes
- Yes
- Already planning on requesting it to our C & C.
- Yes
- Yes
- Yes
- Yes
- Yes, absolutely.
- Yes, a lot of info.
- Yes

Any other comments?

- Great resources and links
- I strongly believe licensing would have a problem with most of this energetic rough play
- I enjoyed the workshop Thank You! Info will be shared with our Family Networker for parents.
- Thank you!!
- Better pictures of the things like the Crash-N-Bump
- Learned a lot. Thank you very much. Great resources!! Great internet links!!
- Very informative and helpful, we will definitely use these new exercises.
- Hope to see you again.
- Like I said it has been awesome!
- Awesome workshop.
- Very excited about going home and using some of these ideas.
- Very informative – excellent
- Some of the research seemed questionable to me.

Analysis: interesting comments on licensing prohibiting movement. Wanting more hands on and participatory.

Action: will contact local daycare licensing RN for directions on whom to contact to open lines of discussion on increased safe movement by children.