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www.zonein.ca

Pediatric Occupational Therapist Cris Rowan presented
“Why Can’t Children Sit Still?” workshop on May 27, 2009
for teachers and OT’s in Yellowknife, NT

What did the participants have to say?

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	66%	34%			
The workshop was well organized	66%	34%			
The workshop was just the right length	66%	34%			
The instructor was well informed	66%	34%			
The workshop materials were useful	66%	34%			
The workshop objectives were achieved	66%	34%			

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

- Importance of nature for learning.
- All the info was valuable and interesting.
- The importance of physical activity to individual needs.
- Kids need to engage in physical activity to improve cognition, and obesity as well. Nature reduces ADHD.
- The relationship between exercise—movement and attention.

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

- Not sure.
- Specific teaching of young children to know their zone.
- No

How could this workshop have been better or more helpful?

- Not sure.
- Using various videos of children in real life situations to identify specific zones with their strategies to help them rezone in a regular classroom.

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

- Yes—some great ideas!
- Yes

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

- Yes – very important with imperative info that everyone needs to know.
- Yes, great Pro-D – more people should be aware—contact districts/schools.
- Yes, Highly. (Schools, Dept. of Justice, Daycare centers, Dept. of Mental Health, etc.).
- Absolutely! Not only are you informative but you are very dynamic.
- Yes
- Yes, some great ideas!

Any other comments?

- Suggestion for the Rx paper. I believe you have a lot of great and powerful information available. I can see people who attend your workshop showing others, however, your program name and other information is not available to find that additional information. I think you deserve the credit and people are looking for additional information. Would you consider adding N=Nature & O=Outdoors (to the prescription form).
- The information was interesting and informative. Thank you for the snacks and, healthy snacks would have been better, i.e., cheese and crackers. Thanks!
- This gave me some ideas to bring back to my school, namely: 1) access to playing on the rocks during lunch; 2) not to cut PM recess (we are contemplating this as a staff; 3) utilizing a sensory palate in the classroom; 4) Dolly Parton's website!!