

## Foundation Series Workshops

Enhance productivity with balanced technology management



## Sensory Processing

### *Harnessing Energy: Sensory Tools and Techniques for Responsible Learning*

#### Overview

*Harnessing Energy* raises awareness regarding the reasons why today's children are unable to pay attention and learn. For learning to take place, children are required to filter, process and integrate incoming sensory information from their environment. This sensation is in the form of energy, and energy from the environment "primes" the body for learning, allowing the child to access their brain. Children who overuse technology, experience body energy that is either charged and hyper, or zoned out and sleepy, thus limiting ability to self-regulate energy states to pay attention and learn. Teachers, parents and therapists will experience use of a variety of sensory tools and techniques to enable children to self regulate their energy bodies, to enhance attention and improve learning skill. *Harnessing Energy* profiles the *Zone'in Program* for self-regulation, helping children to perform at their best to gain the edge they need to succeed.

#### Goal

*Harnessing Energy* profiles the *Zone'in Concept* to improve self-responsibility, and offers information regarding sensory integration, tools and techniques to enhance sensory processing, attention and learning ability.

#### Learning Outcomes

- Identify four critical factors for healthy development.
- Profile sensory integration/processing concepts and research.
- Evaluate sensory processing in children and apply relevant sensory interventions.
- Apply the *Zone'in Program* concepts, tools and techniques to harness energy and get *Zone'in to Learn*.

#### Handouts

*Sensory Observations and Strategies form*  
*Zone-O-Meter*  
*Creating Zone'in Stations in Classroom and Gym*  
*Zone'in Recommended Tools and Techniques*



3.5 contact hours = .35 CEU's

***Evidence based – Research referenced - Strategy focused***

## Creator and Speaker

Workshop creator **Cris Rowan** is a well-known speaker and author to teachers, parents and therapists throughout North America in the field of sensory integration, attachment, learning, attention, fine motor skills and the impact of technology on children's neurological development. Cris has Bachelor of Science degrees in both Occupational Therapy and in Biology, and is a SIPT certified Pediatric Sensory Specialist. Cris is CEO of Zone'in Programs Inc. offering products, workshops, consultation and training to promote technology balance and enhance productivity. Cris is creator of the new *Zone'in*, *Move'in* and *Unplug'in* programs, the *Foundation Series Workshops* and *Zone'in Training* for therapists. Cris has authored the *Unplug – Don't Drug*, *Creating Sustainable Futures*, and *Linking Corporations to Communities* initiatives, and her first book *Virtual Child – The terrifying truth about what technology is doing to children*.



## Who should attend, instruction type/level, and CEU provision

Parents, teachers, administrators, special education staff, occupational therapists, speech and language pathologists, physical therapists, counsellors, physicians, psychologists, psychiatrists, social workers and child care providers. Foundation Series Workshops format is presentation style with participant question/answer period, and are designed to be *introductory* level for therapists, *intermediate* for teachers and *advanced* for parents, child care workers and teaching assistants. *Harnessing Energy* is an approved course with the *American Occupational Therapy Association*, classified as *Category 1 Domain of OT*. 3.5 contact hours = .35 CEU certificates will be provided to participants at the end of course upon completion of question/answer period.

## How to register (workshop organizer to fill in following registration information)

**Register** for *Harnessing Energy*, first in the series of six *Foundation Series Workshops*:

1. **Online:**
2. **Fax:**
3. **Phone:**
4. **Email:**
5. **Mail:**

To register, please complete and forward the following form and include any dietary or special needs requests.

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**Workshop Title:** \_\_\_\_\_

**Workshop Date:** \_\_\_\_\_ **Workshop Location:** \_\_\_\_\_

Name: \_\_\_\_\_ Occupation: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

### **Method of Payment:**

Cheque (made payable to " \_\_\_\_\_ ")

MasterCard No. \_\_\_\_\_ Exp \_\_\_\_\_ Cardholder Name: \_\_\_\_\_

VISA Card No. \_\_\_\_\_ Exp \_\_\_\_\_ Cardholder Name: \_\_\_\_\_