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Pediatric Occupational Therapist Cris Rowan presented  
**“Harnessing Energy” workshop** on October 31, 2012  
for teachers in Bella Bella, BC

## *What did the participants have to say?*

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were met	50%	50%			
The workshop was well organized	50%	45%	5%		
The workshop was just the right length	15%	33%	33%	10%	5%
The instructor was well informed	68%	32%			
The workshop materials were useful	47%	47%	6%		
The workshop objectives were achieved	47%	47%	6%		

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

- I learned so much that my brain kind of went into overload and shut down! So much good info!
- Ideas of self-management.
- I only knew bits and pieces about kids with sensory sensitivity and it was great to get a bigger picture.
- That self-regulation leads to autonomy – did not know this.
- Strategies to use in the classroom to increase student engagement.
- The information was relevant and of value, therefore there was no item presented more valuable than other information.
- Trying different activities with children.
- The sensory processing system in its entirety.
- I felt the workshop was very good. Some very valuable info.
- The different sensory observations and strategies – thinking about student in my class and their challenges.
- The idea to treat all classroom behaviors as sensory processing issues for a time.
- Use of techno.
- Learning the difference between sensory and behavior.
- Being able to reflect. Thinking about the past/present/future.
- That I get up and go for walks for a reason.
- Attachment, vestibular and proprioceptive systems.
- Great techniques for classroom activities.
- Zone-O-Meter; “free, no-prep techniques; importance of nature.

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

- Is this even possible? I can't think of anything that could have possibly been added.
- It was a great comprehensive picture, so no.
- Autism. Would be nice to learn more about this and symptoms.
- No
- I am not qualified with a suitable background to answer this question.
- No
- No
- 2 way discussion
- No, it was all good. I didn't know what to expect.
- Tools and techniques to get the students in the zone.
- Long term impact on students from going up and down the zones.
- No

How could this workshop have been better or more helpful?

- It was very overwhelming to have so much information given in one sitting.
- N/A
- No idea.
- Longer; information overload. Time needed to digest info.
- No
- Again, more info on how to implement this workshop into high school.
- I like the Zone-O-Meter, but think 10 stages would be challenging for 5/6 year olds to identify. Maybe something simpler for young kids? Ex. From that video engine running too low, too high, just right.
- Smaller chunks of information would be better. All the information at once is overwhelming.
- More discussion and feedback time.
- Not to refer directly about actual children in the school – be more general rather than highlighting what might be more private – confidential. Example: "I'm working with a child in Sharon's class who..."(a family member in the room might be offended). Rather "I'm working with a child who...and the teacher does..."
- Needed more "Do you have any questions?"
- Nothing...it was great!

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

- Yes, but I'd warn to expect overload.
- Yes
- Yes
- Yes – she gives us an idea of how sensory tools and techniques help for better learning.
- Yes. I feel the information was well presented and I was provided several useful teaching techniques I could use in the class.
- Yes, very informative. Issues are presented in a logical easy to follow manner: issue analysis problem – secondary analysis – possible solutions – monitor progress – revise as necessary.
- Yes
- Absolutely recommended. Students who can't articulate can be better assessed and helped.
- Yes. Very informative with some great ideas.
- Yes!
- Yes
- Yes
- Yes
- Yes < 3

- YES! YES! YES!
- I think this is very useful, so yes.
- Yes! Great techniques!
- Yes
- Yes to parents in our community or classroom parents lengthened.

Any other comments?

- Very well organized. Answered all anticipatory questions I had.
- Enjoyed the workshop!
- For once, I would like to see a program developed from the top down. I still do not have any possible solutions for senior high students who are experiencing difficulties.
- Can we get a university credit for this workshop?
- The session was a bit too long. Found myself zoning out. Otherwise, very good.
- I think the information shared is relative for anyone working with children, Very interesting stuff!
- I wonder about the causal links between Facebook and loneliness – also between media. Violence and behavior. Which direction is causal link? Is it a mirror – in other words is the violence coming from somewhere else (in part) and finding an audience that is primed and receptive to it? Although that SOS Parents video did seem pretty convincing.
- Thank you for sharing your knowledge.
- Personally I am thankful for my childhood experiences also that I do not have internet at home.
- There is an exercise bike and universal gym in my room already.
- Very enriching! So good for everyone to know this together.
- A good look at students from another perspective.
- Enjoyed the “Getting into the zone activities throughout the workshop.

Analysis: a few comments on too much info in short time frame.

Action: scale back on depth of info., add more zonein breaks.