



Sunshine Coast Occupational Therapy Inc.
Child Development Webinars
Enhance child development, behavior and learning.

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 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. Children who overuse technology, experience body energy that is either charged or zoned out, limiting learning. Teachers, parents and therapists will experience use of sensory tools and techniques to enable children to self regulate their energy bodies, to enhance attention and improve learning skill.



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 critical factors for healthy development, and strategies to promote achievement of foundation skills
- Evaluate sensory processing in children, and apply relevant sensory interventions
- Relate current technology research to child development, and initiate technology reduction strategies
- Apply the Zone'in Program concepts, tools and techniques to Harness Energy and get Zone'in to Learn

Handouts

Critical Factors for Healthy Child Development

Attachment Questionnaire

Technology Addiction Questionnaire

Ten Steps to Unplug Your Family from Technology

Evidence based – Research referenced - Strategy focused

Creator and Speaker

Webinar creator **Cris Rowan** is a well-known speaker and author to parents, teachers and clinicians throughout North America in the field of sensory integration, motor development, learning enhancement 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 Sunshine Coast Occupational Therapy Inc. and Zone'in Programs Inc. offering workshops/webinars, training, and consultation services to enhance child development, behavior and learning. Cris is a prolific writer creating the [Child Development Series Newsletter](#), [Moving to Learn](#) blog, [Unplug – Don't Drug](#) peer reviewed publication, [10 Reasons to ban handheld devices in children under 12](#) viral Huffington Post article with 7.2 million "likes", as well as her first book [Virtual Child – The terrifying truth about what technology is doing to children](#). Cris is a member of the internationally renowned *Institute for Digital Media and Child Development* and the *Children's Screen Time Action Network - Screens in Schools Committee*.



Who should buy and watch Webinar?

Parents, teachers, administrators, special education staff, occupational therapists, speech and language pathologists, physical therapists, counsellors, physicians, psychologists, psychiatrists, social workers and childcare providers. Child Development Webinars are designed to be *introductory* level for therapists, *intermediate* for teachers and *advanced* for parents, childcare workers and teaching assistants.

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1. **Fax** 1-877-8zonein.
2. **Phone** 1-888-8zonein.
3. **Email** info@zonein.ca.