



## Reconnect Webinars

Enhance child health, development 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 leaning. Children who overuse entertainment technology, experience body energy that is either 'charged' or 'zoned out', limiting learning. Teachers, education assistants and therapists will learn how to help children better understand their body energy states using a *Zone-O-Meter* and the *Zone'in* movie. Once students 'Know their Zone' then they can experience a variety of sensory tools and techniques to 'Tone their Zone' and self-regulate their energy bodies for enhanced attention and improved 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

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

### Handouts

*Sensory Integration Handout*  
*Sensory Observations and Strategies*  
*Zone'in* Tools and Techniques  
*Zone-O-Meter*



***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 this Child Development 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.

## How to buy this Child Development Webinar recording?

- ✓ **Buy** this *Child Development Webinar – Harnessing Energy* online at [www.reconnectwebinars.com](http://www.reconnectwebinars.com).
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