



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

## **Attention and Learning**

*Why Can't Children Sit Still: Using Movement and Nature to Enhance Attention and Learning*



### **Overview**

**Critical factors for enhancing child development and learning are movement, play and nature,** yet children everywhere continue to escalate use of sedentary, indoor technologies. Attention restorative environments such as “green space” have been shown to significantly reduce adhd symptoms, and movement and play shown to improve mental and physical health and grades. Yet school and community lack of funds, and fear of litigation, have dramatically changed how children access outdoor movement and play. Resources that used to go toward school playgrounds are now diverted toward technology, and recess is now comprised of texting, video games, facebook and porn. Restricting child movement, play, and nature, while escalating use of unrestricted technology, has resulted in classroom chaos, and children who can no longer pay attention and learn.

### **Goal**

*Why Can't Children Sit Still* raises awareness about the importance of movement, play, and nature in the everyday lives of our children and home and school, and how sensory and motor components found in movement, play, and nature actually promote not only physical and mental health, but also attention and learning ability in children.

### **Learning Outcomes**

- Identify critical neurobiological factors important for attention and learning ability.
- Evaluate current research on the impact of movement, play and nature on attention and learning.
- Recognize how dwindling resources and fear of litigation limit achieving critical factors for development and learning.
- Apply movement and nature initiatives in school, home and community to enhance attention and learning.

### **Handouts**

*Development and Nature Directives*  
*Schools Operating Safely – Child Behavior Management Policy/Procedures*  
*Building Foundations/Virtual Futures Diagrams*

***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.

## How to buy Webinar Recording?

Buy our *Child Development Webinars* online at [www.suncoastot.com](http://www.suncoastot.com).

Buy our *Tech Talk Webinars* online at [www.balancedtechnologymanagement.ca](http://www.balancedtechnologymanagement.ca).

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