



Focus your energy!

Zone'in Products are designed by a pediatric occupational therapist to enhance children's performance at school and at home. *Zone'in Products* address sensory impairment, motor delay and attachment disorders.

As overuse of technology by children is a primary cause of child maldevelopment, *Zone'in Products* include a variety of TV and videogame reduction strategies.

Zone'in — improves attention!

Move'in — improves printing!

Unplug'in — improves life!



All *Zone'in Products* are:

- Kid-driven and easy to use, with no paper, preparation or training required!
- Re-useable, all-inclusive kits come in school and home versions.
- Include the TV and Videogame Reduction Module for parents and teachers, the Unplug'in brochure, and the Unplug'in Fact Sheet.

Cris Rowan, Creator and Speaker

Cris Rowan is a well-known speaker and author to teachers, parents and therapists throughout North America in the field of sensory integration, learning, attention, fine motor skills and the impact of TV and video games 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 has provided over 200 workshops to health and education professionals throughout North America. Cris recently authored the renowned *Unplug – Don't Drug* policy initiative for Canadian physicians and health government, and is completing a book titled *A cracked Foundation – Repairing the Effects of Technology on the Developing Child*.

Contact us

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Check out *Zone'in Foundation Series Workshops and OT Training!*

Zone'in

Products



Giving children the edge they need to succeed!



Addressing the effects of technology on child development

Zone'in

Zone'in improves attention!

Zone'in is a *self regulation* program that teaches children to harness their energy to focus and attend for easy learning. Zone'in is complete with simple strategies and tools that achieve immediate results.

- based on sensory integration theory
- grades K-6
- sensory and motor tools and techniques
- designed by kids for kids

***Zone'in* makes parents and teacher's jobs easier – and learning becomes fun!**



How *Zone'in* works:

1. Watch a film called Zone'in, and experience how to get "Zone'in to Learn"
2. Determine individual energy zones, and classroom and family "synergy energy" by applying techniques from the *Know Your Zone* and *Tone Your Zone* posters.
3. Monitor energy zones by using a Zone-O-Meter (a device children attach to their school desks, or home fridge, car dash, bathroom mirror).
4. Adjust energy zones using a variety of sensory motor devices called Zone'in Tools (smellies, chewies, squishies) and a variety of movements called Zone'in Techniques (tree, hand/chair push, breath push).
5. Zone'in is an intervention designed to be performed once a year for grades K-6 to enable easy learning. Self regulation can be as easy as 1, 2, 3!

It's so easy kids do it themselves. It's so effective, parents and teachers let them!

Move'in

Move'in improves printing and reading!

Move'in is a board game that assesses fine motor skill components and provides individualized interventions to improve printing and reading. Move'in comes with an easy-to-use computer program for making custom work and journal sheets, and a database with reports for tracking children's progress. Move'in is for children grades pre-K to 3, and is kid driven to improve motivation and reduce strain on teachers and parents.

***Move'in* takes kids on an adventure, and makes printing and reading easy and fun!**



How *Move'in* works:

1. Watch the Move'in film and learn about printing – it requires posture, coordination, vision and practice – just like sports!
2. Assess fine motor components while playing the Ready, Set, Move'in game – try different tools from the kits – take a To Do Card if you need practice!
3. After each game square, pick up a Move'in Card – play a fun game or exercise.
4. Use the Play'in the Lines computer program to print To Do Cards, and customized journal and worksheets to practice printing techniques, e.g. strokes, shapes, letters and numbers.
5. Document student's printing progress by using the Play'in the Lines database.

Unplug'in

Unplug'in improves life!

Unplug'in is a board game that builds children's skills necessary for unplugging from technology. Players answer questions from four dimensions regarding their relationship to self, others, nature and spirit, gaining confidence and skill.

***Unplug'in* brings imagination and creativity back into children's lives through discovering the art of play!**

The Unplug'in game is designed for:

- groups of 1-5 players
- ages 5-12 years
- use in home or school settings

How *Unplug'in* works:

The Unplug'in game board looks like a TV, with the players 'trapped' inside and needing to gain Unplug'in points in order to get out. Unplug'in points are achieved by players answering skill building questions.



Travel between dimensions is through the Remote Portal that requires players go on a story 'journey' of their own making. Players learn about balancing technology with physical activity through answering questions on the Unplug'in and Do'in Cards. The Unplug'in Game is won by one player acquiring necessary dimension points, and completing the final Victory Mile to eventual 'unplugged' status.