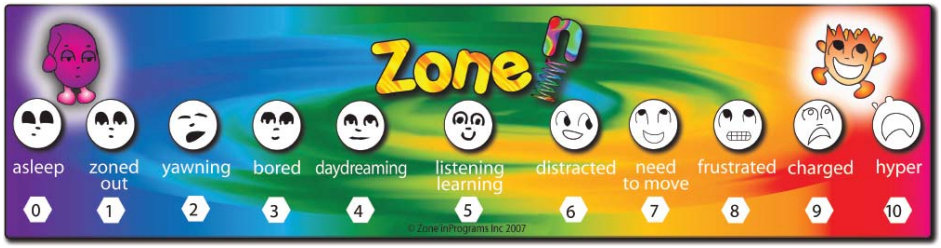
6840 Seaview Road, Sechelt, BC V0N 3A4
www.zonein.ca

Zone'in Energy Concept

Energy In = Energy Out

Children's bodies are made of energy – lots of energy! This energy is absolutely essential as 'fuel' for normal physical and mental development. Bodies that move are able to pay attention and learn. Bodies that don't move, can become either hyper or 'zoned out', often resulting in difficult behavior. To optimize learning and promote healthy development, children's body energy needs to be balanced. For every hour of sitting, a child should engage in an hour of active play. Balanced energy enables healthy child development, and enhances learning and behavior.

Where are *YOU* on the Zone-O-Meter?



© Zone'in Programs Inc. 2008

A division of Sunshine Coast Occupational Therapy Inc.
email: info@zonein.ca • Toll free tel: 1.888.8zonein (1.888.896.6346) • Toll free fax: 1.877.8zonein (1.877.896.6346) • tel: 604.885.2666 • fax: 604.885.2668