



CREC to host Zones of Regulation workshop

When:

May 10, 2018

7:30 a.m. to 3:30 p.m.

Registration 7:30 – 8:30 a.m.

Where:

Aqua Turf Club
556 Mulberry Street
Plantsville, CT

Cost:

Free for the first 150 in-state registrants; after that the fee is \$50.00.

Out of State: \$150.00

Registration deadline: 4/28 2018.

REGISTER

For additional information contact
Susan Bassett at sbassett@crec.org

Help Your Students Learn to Self-Regulate

Foster Self-Regulation for Students Struggling with Managing their Emotions and Sensory Needs

Description: *The Zones of Regulation* curriculum comprises lessons and activities, designed by Leah Kuypers, M.A. Ed., OTR/L, to help students gain skills in the area of self-regulation. The lessons and learning activities are designed to help the students recognize when they're in the different *Zones*—states of alertness or moods—as well as learn how to use strategies to regulate the *Zone* they are in. In addition to addressing self-regulation, the students gain an increased vocabulary of emotional terms, skills in reading facial expressions, perspective on how others see and react to their behavior, insight on events that trigger their behavior, calming and alerting strategies, and problem solving skills.

THE
ZONES OF
REGULATION®

Objectives: Learner will demonstrate knowledge of self-regulation, including:

- Identify sensory processing systems, integration and its impact on modulation
- Outline executive functions that frequently impact self-regulation
- Definition of emotional regulation
- Learner will develop insight into a systematic way to teach students to self-regulate
- Cite strategies to identify one's level of alertness and emotions and describe how social and contextual cues help decipher expected behavior
- Demonstrate strategies to use to adjust one's level of alertness or emotions to match the demands of the environment
- Learner will identify ways to integrate *e Zones* into practice and generalize skills across settings

Target Audience: Speech and Language Pathologists, Occupational Therapists, Special Education Teachers, Guidance Counselors, Social Workers, Psychologists, Marriage and Family Therapists, School Administrators, Educational Paraprofessionals

This project is funded by the Connecticut State Department of Education - Bureau of Special Education



 **CREC**
Expert Solutions

Presenter and creator of the Zones: Leah Kuypers, M.A. Ed., OTR/L
www.zonesofregulation.com