

# Basic Training Agenda

## THE ZONES OF REGULATION®

A Concept to Foster Self-Regulation and Emotional Control  
By Leah Kuypers, MA Ed., OTR/L

### + ONE HOUR AND 30 MINUTES

- Introduction to Self-Regulation
- Introduction to the Zones of Regulation framework
- Exploration of the Zones curriculum

### + 15 MINUTE BREAK

### + ONE HOUR AND 15 MINUTES

- Regulation strategies
- Implementation
- Closing notes and questions