



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