



COMPREHENSIVE 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 45 MINUTES

- Introduction to Self-Regulation
 - What is self-regulation?
 - Development of self-regulation
 - Components of self-regulation
 - › Sensory and think, pair, share on their sensory lifestyle
 - › Executive Functioning, Emotional Regulation, Social Cognition

15 MINUTES

- Morning Break

ONE HOUR AND 15 MINUTES

- How we view Behavior
 - Assessment and Data Collection
- The Zones of Regulation Framework
 - Integrating theories and approaches, Defining the four Zones, Introducing the Zones to students

ONE HOUR

- Break for Lunch

ONE HOUR AND 15 MINUTES

- Zones Curriculum
 - Identifying the Zones in self and others
 - Identifying triggers
 - Zones and perspective taking
 - Exploration of tools for the Zones
 - › Sensory supports, Calming techniques, Thinking strategies
 - Reflection on personal Toolbox

15 MINUTES

- Afternoon Break

ONE HOUR AND 15 MINUTES

- Zones Content Continues
 - When and how to use tools
 - Stop, Opt and Go problem solving
- Implementing the Zones
 - Adapting to different population and settings
 - Using with other approaches
- Endnotes and Questions