

THE ZONES OF REGULATION®

A Concept to Foster Self-Regulation for Students who Struggle with Managing their Emotions and Sensory Needs

Date & Location:

May 7, 2015

CESA 8 Office
223 W. Park Street
Gillett, WI 54124

Course Hours:
8:30AM ~ 3:30PM

Target Audience:

Speech & Language Pathologists,
Occupational Therapists, Regular
and Special Education Teachers,
School Guidance Counselors,
Case Managers, Counselors,
Social Workers, Psychologists,
Marriage and Family Therapists,
School Administrators,
Educational Paraprofessionals,
Behavior Therapists

For more information on
The Zones of Regulation or
to order books, please visit
www.zonesofregulation.com

For most of us, controlling our emotions and body comes fairly naturally. However, for some people, this is not the case. Those with self-regulation difficulties lack this innate ability to think through and succeed in everyday situations. For them, emotional or self-regulation must be learned and practiced.

The Zones of Regulation (2011) curriculum, comprises of 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/moods) as well as learn how to use strategies to regulate the Zone they are in. In addition to addressing self-regulation, the students will be gaining 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.

Zones trainings provide strategies to teach students to become more aware of and independent in controlling their emotions and impulses, managing their sensory needs and improving their ability to problem solve conflicts. Practical ideas are provided that can easily be incorporated into the classroom or home.

Leah Kuypers, M.A. Ed., OTR/L earned a BS in Occupational Therapy from the University of Wisconsin-Madison, a Graduate Certificate in Autism and a MA in Education from Hamline University in St. Paul, MN. She has practiced as an OT/autism specialist in the school and clinical settings, specializing in self-regulation and social learning. She has worked with students of all ages and challenges, including anxiety, ADHD, and ASD. She has authored a curriculum to teach self-regulation, *The Zones of Regulation*® (www.zonesofregulation.com). She currently resides in Minneapolis, MN with her husband and son. Leah consults with families and schools, as well as provides trainings on self-regulation, challenging behavior and The Zones of Regulation around the country.

Learning Outcomes

Learner will demonstrate knowledge of self-regulation, including:

- Identify sensory processing systems, integration and it's impact on modulation
- Outline executive functions that frequent 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 ones level of alertness and emotions and describe how social and contextual cues are used to decipher expected behavior
- Demonstrate strategies to use to adjust ones level of alertness/emotions to match the demands of the environment
- Learner will identify ways to integrate The Zones into practice and generalize skills across settings

