



A. Zones of Regulation: A Concept to Foster Self-Regulation for Students who Struggle with Managing their Emotions & Sensory Needs

February 7, 2019

8:30 – 4:00 pm

6 Contact Hours

Leah Kuypers, M.A. Ed., OTR/L

Educational Level: Introductory to Intermediate

Audience: OTs, SLPs, PTs and interested others

About The Zones of Regulation

The Zones of Regulation is a framework and curriculum designed to foster skills in self-regulation, including emotional control, sensory regulation, and executive functions. It is a systematic, cognitive behavior approach that uses four colors to help students visually and verbally self-identify how they are functioning in the moment given their emotions and state of alertness. The model incorporates Social Thinking® concepts to help students use perspective taking, to identify how they are thinking and feeling, and understand how their thoughts and behavior impact those around them. Through using the curriculum individuals become more self-aware and learn tools they can use to regulate to a more expected state. The Zones of Regulation curriculum is published by Social Thinking Publishing (www.socialthinking.com). It can be used effectively in home, school, and clinical settings, as well as in conjunction with previously taught regulation strategies.

Course Description

The Zone of Regulation presentation provides teachers, therapists and parents with hands-on knowledge on the nature of self-regulation and strategies for improving self-regulation and emotional control in individuals of all ages. The presentation addresses topics such as: the brain's involvement, typical development, sensory processing, emotional regulation, and executive functioning. Audience participants will learn an explicit, stair-stepped method and tools to guide students in utilizing The Zones framework across situations and environments to regulate sensory needs, impulses, and emotional states to social demands.

Visuals and student work samples are highlighted to illustrate numerous learning activities. A variety of tools (sensory supports, calming techniques, and thinking strategies) are explored to help students recognize their internal emotions, sensory needs, and thinking patterns in each zone, when shifting from one zone to another, and then to self-regulate within zones. Participants explore ideas on how to teach, when, why, and how to use tools effectively. The Zones of Regulation presentation also incorporates core concepts from Michelle Garcia Winner's Social Thinking® framework to help teach students about perspective taking so they better understand how being in the different zones impacts the thoughts and feelings of other people around them.

Course Objectives

The participant will be able to:

1. Identify the sensory systems that impact regulation
2. Describe sensory integration and its impact on modulation and regulation
3. Outline executive functions that frequently impact self-regulation
4. Define emotional regulation to include social cognition's role in emotional expression
5. Reflect on the importance of using individual strategies to self-regulate
6. Demonstrate insight into the Zones of Regulation's systematic way to teach students to self-regulate by:
 - Citing strategies to identify level of alertness in self and others
 - Describing how social and contextual cues are used to decipher expected display of emotions
 - Describe strategies to adjust level of alertness/emotional display to match the demands of the environment
7. Identify ways to integrate the Zones into practice and generalize skills across settings

Course Agenda

8:30 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

10:00 – 10:15 Morning Break (15 Minutes)

10:15 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

12:00 Break for Lunch

1:00 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
- 2:30 – 2:45 Afternoon Break (15 minutes)
- 2:45 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
- 4:00 Finish

Speaker

Leah Kuypers, M.A. Ed., OTR/L



Leah Kuypers earned a Bachelor of Science in Occupational Therapy from the University of Wisconsin-Madison, a Graduate Certificate in Autism and a Master of Arts in Education from Hamline University in St. Paul, MN. She has practiced as an OT/autism specialist in school and clinical settings, specializing in self-regulation and social learning, and has worked with students of all ages and challenges, including anxiety, ADHD, and ASD.

Leah created *The Zones of Regulation*® (www.zonesofregulation.com), a framework designed to teach self-regulation, and is author of the book and two apps by same name (2011, Social Thinking Publishing; 2013, 2016 Selosoft, Inc). In addition to working with students, she provides trainings and consultation to parents and professionals on self-regulation and challenging behavior, as well as conducts workshops on the Zones to groups across the world. She resides in Minneapolis, MN with her husband, son, daughter and dog.

For more information

Visit www.zonesofregulation.com for additional information, a current schedule of trainings, or to inquire about setting up a Zones presentation or consultation in your area.

Contact Leah Kuypers at info@zonesofregulation.com or by phone at 312-952-4361.