

# Zones of Regulation

A Curriculum Designed to Foster  
Self Regulation & Emotional Control

Parent Education Workshop

Monday April 30<sup>th</sup>, 7:00-9:00pm

St Andrew Catholic Elementary School, 201 Crestway Dr, Nepean

Presented by: Jennifer Boggett, Occupational Therapist – CEO

We know when our children are stressed, they are not ready to learn

## 'THE ZONES' FRAMEWORK:

**SELF REGULATION** – The ability to adjust level of alertness and direct how emotions are revealed behaviourally in socially adaptive ways in order to achieve goals

### ENCOMPASSING:

- self control
- self management
- impulse control
- resiliency
- anger management
- sensory regulation

### GOALS OF THE EXISTING 'ZONE OF REGULATION' CURRICULUM?

To teach students:

- Identify their feelings & levels of alertness
- Effective regulation tools
- When & how to use the tools
- Problem-solve possible solutions
- Understand how their behaviour influences others' thoughts & feelings

Ultimately:

- Independent regulation

## COME EXPLORE

What our children have been learning!

- The four (4) Zones of Regulation
- What we can do to 'help regulate' our children?
- Possible 'triggers' we should recognize in our children?
- Learn various tools for self regulation;
  - ~ Sensory supports
  - ~ Calming techniques
  - ~ Thinking strategies



REGISTER  
ONLINE  
NOW

Registration Link:

<https://goo.gl/vDAgC6>

Free child care\*  
available on site

\*Pre-registration required



Presented in partnership with St. Andrew School, St. Andrew School Council, OCSB, OCSB Parent Reaching Out (PRO) Grant, and the Catholic School Parents' Association (CSPA)