

THE ZONES OF REGULATION®

SCHEDULE—Full day workshop

Sunday, October 26, 2014

Eisenhower Corporate Center, Livingston, NJ

8:15 AM Registration and Continental Breakfast

12:00 NOON Break for Lunch (provided)

9:00 AM 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

1:15 PM Zones Curriculum

- Introducing the Zones to students
- Identifying the Zones in self and others
- Zones and perspective taking
- Exploration of tools for the Zones
 - Sensory supports
 - Calming techniques
 - Thinking strategies
- Reflection on personal Toolbox

10:30 AM Morning Break (15 minutes)

10:45 AM Continue discussion on self-regulation

- Emotional regulation
- Social cognition
- How we view behavior
- The Zones of Regulation framework
 - Integrating theories and approaches
 - Defining the four Zones

2:30 PM Afternoon Break (15 minutes)

2:45 PM Implementing the Zones

- When and how to use tools
- Identifying triggers
- Stop, Opt and Go problem solving
- Adapting to different populations/Group Discussion
- Using with other approaches
- Assessment and data collection

**THIS COURSE MEETS THE CRITERIA
FOR SIX CONTACT HOURS.**

4:15 PM End Notes/Questions