



THE ZONES OF REGULATION

Basic Training

The Zones of Regulation is the original framework and curriculum (Kuypers, 2011) that develops awareness of feelings, energy and alertness levels while exploring a variety of tools and strategies for regulation, prosocial skills, self-care, and overall wellness. This curriculum provides us an easy way to think and talk about how we feel on the inside and sort these feelings into four colored Zones, all of which are expected in life.

Who: Educators, Mental Health Professionals, Therapists, etc.

When: August 28, 2023 12:00-3:00

Where: Virtual

Cost: \$130 per participant (*book included*)

Registration: [Mid-Ohio ESC Registration for 2023-24 PD and Events \(google.com\)](#) **Register by August 14.**



CONFIDENTLY LEADING THROUGH
COLLABORATION, CUSTOMIZATION AND CREATIVITY

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BASIC 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 30 MINUTES

- Introduction to Self-Regulation
- Introduction to the Zones of Regulation framework
- Exploration of the Zones curriculum

+ 15 MINUTE BREAK

+ ONE HOUR AND 15 MINUTES

- Regulation strategies
- Implementation
- Closing notes and questions