



ZONE YOUR HOME TRAINING AGENDA

A Parent/Caregiver Training on The Zones of Regulation

A Concept to Foster Self-Regulation and Emotional Control
By Leah Kuypers, MA Ed., OTR/L

+ SECTION 1 - 45 MINUTES

- Understanding Regulation
- What is Regulation?
- What is Co-Regulation
- Development of Regulation
- Introduction to The Zones of Regulation

+ SECTION 2 - 75 MINUTES

- Using The Zones in the Home
- Zones Visuals
- Zones Friendly Language
- Books and Media
- School/Home Connection
- Exploring and Using Regulation Tools
- Triggers and Sparks