

THE ZONES OF REGULATION®

A Concept to Foster Self-Regulation for Students who Struggle with Managing their Emotions and Sensory Needs



**The Zones of Regulation
with Presenter: Leah
Kuypers, M.A. Ed.,
OTR/L**

Hosted By:

**Goodhue County
Education District**



Date & Location:

**Wednesday, April 11, 2018
8:30 am to 3:00 pm
River Bluff
Education Center
395 Guernsey Lane
Red Wing, MN 55066**

**Registration: \$175, includes
box lunch on site.**

**Register Online at:
gced.k12.mn.us**

*Questions? Contact Cindy at
cluhman@gced.k12.mn.us*

Self-Regulation is a skill everyone needs to manage the daily trials and tribulations. Sometimes we become incapacitated to cope, and with all the pressures on our youth, all too often we are seeing more self-regulation needs in this general population. Managing emotions and monitoring behaviors is a particular challenge for some. Self-regulation skills need to be taught and learned so that our youth have the capacity to manage everyday conflicts, preserve under stress and maintain a mentally healthy state of being.

The Zones of Regulation (2011) curriculum, comprises of lessons and activities designed by Leah Kuypers, M. A. Ed., OTR/L to help students gain skills in the area of self-regulation. The lessons and learning activities are designed to help the students recognize when they're in the different Zones (states of alertness/moods) as well as learn how to use strategies to regulate the Zone they are in. In addition to addressing self-regulation, the students will be gaining an increased vocabulary of emotional terms, skills in reading facial expressions, perspective on how others see and react to their behavior, insight on events that trigger their behavior, calming and alerting strategies, and problem solving skills.

Zones trainings provide strategies to teach students to become more aware of and independent in controlling their emotions and impulses, managing their sensory needs and improving their ability to problem solve conflicts. Practical ideas are provided that can easily be incorporated into the classroom or home.

Leah Kuypers, M.A. Ed., OTR/L earned a Bachelor's degree in Occupational Therapy from the University of Wisconsin-Madison, a Graduate Certificate in Autism and a Master's in Education from Hamline University in St. Paul, MN. She has practiced as an OT/autism specialist in the school and clinical settings for the past 12 years, specializing in self-regulation and social learning. She has worked with students of all ages and challenges, including anxiety, ADHD, and ASD. She has authored a curriculum and app to teach self-regulation, *The Zones of Regulation*® (www.zonesofregulation.com). Leah consults with families and schools, as well as provides trainings on self-regulation, challenging behavior and The Zones of Regulation to groups throughout North America.

Learning Outcomes

Learner will demonstrate knowledge of self-regulation, including:

- Identify sensory processing systems, integration and it's impact on modulation
- Outline executive functions that frequent impact self-regulation
- Definition of emotional regulation
- Learner will develop insight into a systematic way to teach students to self-regulate
- Cite strategies to identify ones level of alertness and emotions and describe how social and contextual cues are used to decipher expected behavior
- Demonstrate strategies to use to adjust ones level of alertness/emotions to match the demands of the environment
- Learner will identify ways to integrate The Zones into practice and generalize skills across settings