

THE ZONES OF REGULATION



SUITABLE FOR:

Children Aged 6 – 8 years and 9-12 years

DATES & LOCATION:

(2 day program)

Location	6-8 years	Time	9-12 years	Time	Address
Peakhurst	Mon 15/7, Tues 16/7	9.30am – 1.30pm	Wed 17/7, Thurs 18/7	1.30pm – 5.30pm	Learning Links Peakhurst 12-14 Pindari Road, Peakhurst
Maroubra	Wed 10/7, Thurs 11/7	9.30am – 1.30pm	Tues 16/7, Wed 17/7	9.30am – 1.30pm	Learning Links Maroubra, 3 rd Floor, Bowen Library, 669-673 Anzac Parade, Maroubra Junction
Bella Vista	Wed 10/7, Thurs 11/7	9.00am – 1.00pm	Wed 10/7, Thurs 11/7	1.30pm – 5.30pm	Learning Links Bella Vista 6a/7 Meridian Place, Bella Vista
Liverpool	Thurs 11/7, Fri 12/7	9.00am – 1.00pm	Thurs 11/7, Fri 12/7	1.30pm – 5.30pm	Learning Links Liverpool Shop 2, 54-56 Macquarie Street (North), Liverpool
Gledswood Hills	Tues 16/7, Wed 17/7	9.00am – 1.00pm	Tues 16/7, Wed 17/7	1.30pm – 5.30pm	Learning Links Gledswood Hills Suites 7 & 9, SOMA Wellness, 7 Gregory Hills Dr, Gledswood Hills

PROGRAM DETAILS:

The Zones of Regulation program aims to address challenges in emotional and sensory regulation, and social skills. It is suitable for all children including individuals with a diagnosis of Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADD/ADHD), a diagnosis of a mood disorder as well as individuals without a diagnosis.

The Zones teaches self-regulation by categorizing emotions and states of alertness we experience into four zones based on levels of emotion and alertness. The Zones framework provides strategies to teach students to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve social conflicts and issues. This is achieved by teaching students how to recognize and manage their Zone based on the environment and its demands as well as the people around them.

The program includes many visuals, and can be adapted to suit the needs of individual students and groups. Delivery methods can include; discussions, role plays, video modelling and play based activities to teach students to identify their feelings/level of alertness, understand how their behaviour impacts those around them, and learn what tools they can use to manage their feelings and states.

PROGRAM COST:

'The Zones of Regulation' - \$225 (8 hours)

