

# THE ZONES OF REGULATION

## EMOTIONAL REGULATION PROGRAM FOR 6-8 AND 9-12 YEAR OLDS

### WHAT IS THE ZONES OF REGULATION?

The Zones of Regulation program is designed for children 6-12 years old, and aims to address challenges with emotional and sensory regulation, and social skills.

It is suitable for all children, including those with Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD) or mood disorders.



Using visuals, play-based activities, role playing and video modelling, the program teaches self-regulation by helping children to categorise their emotions and state of alertness into 'zones':

- The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions.
- The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone.
- The **Green Zone** is used to describe a calm state, where a person is happy, focused and content.
- The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.

From here, children learn skills to control their impulses and cope when they fall into the more challenging zones and feel overwhelmed.

### WHAT IS INCLUDED IN THE PROGRAM?

The program consists of small-group child sessions, run by a psychologist. Groups are available for two age ranges: 6-8 years and 9-12 years, with materials tailored accordingly.

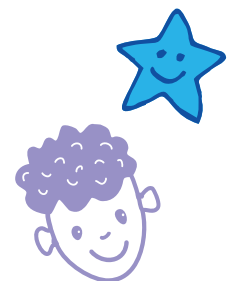
Learning Links runs the program over 2 or 3 days (2.5-3.75 hours/day).

### HOW WILL MY CHILD BENEFIT?

The program provides strategies to teach students to:

- become more aware of controlling their emotions and impulses, depending on their environment
- manage their sensory needs
- understand how their behaviour can impact others
- learn what tools they need to manage their feelings and states independently

These skills can allow children to gain greater confidence in social situations, unfamiliar environments and at school.



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### APRIL SCHEDULE

Location	Age	Day 1	Day 2	Day 3	Time
Bella Vista	6-8 years	Tuesday 12 April	Wednesday 13 April	Thursday 14 April	9.30am - 12.00pm
	9-12 years	Tuesday 19 April	Wednesday 20 April	Thursday 21 April	9.30am - 12.00pm
Gledswood Hills	6-8 years	Tuesday 19 April	Friday 22 April	N/A	12.00pm - 3.45pm
Liverpool	6-8 years	Thursday 14 April	Thursday 21 April	N/A	12.00pm - 3.45pm
Peakhurst	6-8 years	Tuesday 12 April	Wednesday 13 April	Thursday 14 April	9.30am - 12.00pm
	9-12 years	Wednesday 20 April	Thursday 21 April	Friday 22 April	12.30pm - 3.00pm

### COST

The Zones of Regulation program is \$275.

NDIS funding can be used for this program.



### PARENT INTERVIEWS

Prior to your booking being confirmed, a Learning Links psychologist will contact you to conduct a short interview and ensure the program/s will address your child's needs.

### HEALTH AND SAFETY

Learning Links continues to follow the most up to date government guidelines to ensure the health and safety of children, families and staff. School Holiday Programs will be limited to small groups of 4-6 children to maintain effective hygiene and social distancing practices wherever possible.

### MORE INFORMATION

For more information or to book, visit our website or send us an email:

 Visit [www.learninglinks.org.au/school-holiday-programs](http://www.learninglinks.org.au/school-holiday-programs) to enquire online

 Email [schoolholidays@learninglinks.org.au](mailto:schoolholidays@learninglinks.org.au)

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