

THE ZONES OF REGULATION®

About The Zones of Regulation

The Zones of Regulation is a framework and curriculum designed to foster skills in self-regulation, including emotional control, sensory regulation, and executive functions. It is a systematic, cognitive behavior approach that uses four colors to help students visually and verbally self-identify how they are functioning in the moment given their emotions and state of alertness. The model incorporates Social Thinking® concepts to help students use perspective taking, to identify how they are thinking and feeling, and understand how their thoughts and behavior impact those around them. Through using the curriculum individuals become more self-aware and learn tools they can use to regulate to a more expected state. The Zones of Regulation curriculum is published by Social Thinking Publishing (www.socialthinking.com). It can be used effectively in home, school, and clinical settings, as well as in conjunction with previously taught regulation strategies.

About the Presentation

The Zone of Regulation presentation provides teachers, therapists and parents with hands-on knowledge on the nature of self-regulation and strategies for improving self-regulation and emotional control in individuals of all ages. The presentation addresses topics such as: the brain's involvement, typical development, sensory processing, emotional regulation, and executive functioning. Audience participants will learn an explicit, stair-stepped method and tools to guide students in utilizing The Zones framework across situations and environments to regulate sensory needs, impulses, and emotional states to social demands.

Visuals and student work samples are highlighted to illustrate numerous learning activities. A variety of tools (sensory supports, calming techniques, and thinking strategies) are explored to help students recognize their internal emotions, sensory needs, and thinking patterns in each zone, when shifting from one zone to another, and then to self-regulate within zones. Participants explore ideas on how to teach, when, why, and how to use tools effectively. The Zones of Regulation presentation also incorporates core concepts from Michelle Garcia Winner's Social Thinking® framework to help teach students about perspective taking so they better understand how being in the different zones impacts the thoughts and feelings of other people around them.

Learning Outcomes for Presentation

- Identify the sensory systems that impact regulation
- Describe sensory integration and its impact on modulation and regulation
- Outline executive functions that frequently impact self-regulation
- Define emotional regulation to include social cognition's role in emotional expression
- Reflect on the importance of using individual strategies to self-regulate
- Demonstrate insight into the Zones of Regulation's systematic way to teach students to self-regulate by:
 - Citing strategies to identify level of alertness in self and others

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- Describing how social and contextual cues are used to decipher expected display of emotions
- Describe strategies to adjust level of alertness/emotional display to match the demands of the environment
- Identify ways to integrate the Zones into practice and generalize skills across settings

Creator of the Zones: Leah Kuypers

Leah Kuypers earned a Bachelors of Science in Occupational Therapy from the University of Wisconsin-Madison, a Graduate Certificate in Autism and a Master of Arts in Education from Hamline University in St. Paul, MN. She has practiced as an OT/autism specialist in school and clinical settings, specializing in self-regulation and social learning, and has worked with students of all ages and challenges, including anxiety, ADHD, and ASD.

Leah created *The Zones of Regulation*® (www.zonesofregulation.com), a framework designed to teach self-regulation, and is author of the book and two apps by same name (2011, Social Thinking Publishing; 2013, 2016 Selosoft, Inc). In addition to working with students, she provides trainings and consultation to parents and professionals on self-regulation and challenging behavior, as well as conducts workshops on the Zones to groups across the world. She resides in Minneapolis, MN with her husband, son, daughter and dog.

Collaborative Trainers

Elizabeth Sautter

Elizabeth Sautter, M.A. CCC, is a licensed speech and language pathologist and co-director/co-owner of Communication Works, a private practice offering speech, language, and social support in the San Francisco Bay Area. She has worked with preschool to adult clients and their families since 1996 in private practice, schools, and hospitals, specializing in social communication, self-regulation, and executive functioning. She has co-authored two popular children's books with Kristen Wilson, *Whole Body Listening Larry at Home* and *Whole Body Listening Larry at School* (www.socialthinking.com) and a resource book for social/emotional learning, *Make Social Learning Stick! How to Guide and Nurture Social Competence Through Everyday Routines and Activities* (aapcpublishing.com).

Elizabeth has worked with Leah Kuypers in the clinic setting, supporting clients and running group therapy. They have presented and written articles together as well as developed curriculum with Terri Rossman. Elizabeth conducts trainings for parents/caregivers and professionals and is thrilled to join Leah as a collaborative speaker for The Zones of Regulation. On a personal note, Elizabeth's relationships with her son, sister, and extended family members with special needs have made her work a lifelong endeavor. She lives with her husband, two sons, dog, and cat in Northern California.

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Terri Rossman

Terri holds degrees from Ithaca College and Boston University in Communication Sciences. She has practiced as a speech-language pathologist for over 30 years in schools, hospitals and clinical settings. She is the founder and owner of Princeton Speech-Language & Learning Center and the Social Village at PSLLC. Terri has an active caseload and works with students of all ages and with social learning and self-regulation challenges, including ADHD, ASD and anxiety.

Terri has worked closely with Leah Kuypers, creator of The Zones of Regulation over the last few years as a sounding board of ideas and insights and most recently to co-author a Zones of Regulation therapeutic board game with Kuypers and Elizabeth Sautter. Terri has joined Leah Kuypers to provide workshops on The Zones of Regulation across North America. Terri has presented many workshops on a variety of topics to preschools, school districts, private schools, therapists and parent groups across the county, including at the 2015 International Social Thinking Providers Conference. She currently resides in Princeton, NJ, with her husband, and dogs.

For more information

Visit www.zonesofregulation.com for additional information, a current schedule of trainings, or to inquire about setting up a Zones presentation or consultation in your area.

Contact Leah Kuypers at info@zonesofregulation.com or by phone at 312-952-4361.