

# INTRODUCTION TO THE ZONES OF REGULATION

A group experience which follows the model of an evidence-based curriculum called “The Zones of Regulation”.

This curriculum is geared toward helping young people gain skills in becoming more self-aware of their feelings, which will then teach them to be more conscious of their actions, which in turn leads to increased emotional control and problem solving

This technique of learning “how our thoughts affect our feelings, which ultimately affect our actions” is known as Cognitive Behavioral Therapy (CBT).

Using CBT, Colleen-Maree will teach participants to learn to recognize when they are in different states called “zones” with each of the four zones represented by a different color.

Participants will explore calming techniques, thinking strategies, and more awareness of their senses so they will have a toolbox of skills to encourage movement between zones. The ultimate goal is that group participants learn to manage their reactions and behaviors appropriately.

## Therapy Success

Helping Children and Adults find Success in the puzzles of Life, Learning and Movement.

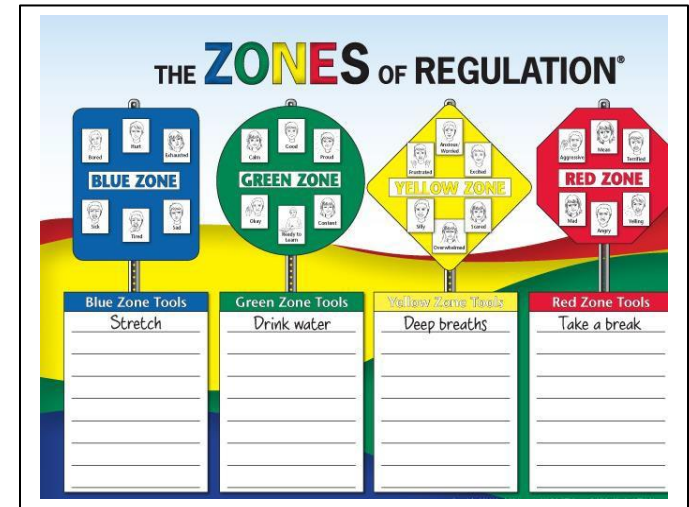


Therapy Success uses a variety of tools depending on your assessed needs. Some of the internationally recognised methods that may be used in the programs are : Tomatis Method, Alert program, ESDM, Social Thinking, Masgutova MNRI, Reflex Intergration

Helping children and adults with: Autism, PTSD, Cerebral Palsy, Learning Difficulties, ADHD, Auditory Processing Disorder, Anxiety Disorders, Scoliosis, Global Developmental Delay, Dyspraxia, Dyscalculia, Dyslexia, Sensory Processing Disorder, Sleep issues, Retained Reflexes

**Don't Delay. Call Today!**

**98446736**



2 class groups for term 3

Ages 8 -12

&

Ages 12 -15

Facilitated by  
**Colleen-Maree Bates**  
**Developmental Therapist**

In a relaxed & accepting environment, kids will learn age-appropriate skills to help them become more aware of their feelings. They will also develop a set of tools which will teach them to manage their emotions constructively & with purpose.

## Curriculum Goals:

### **The lessons set out to teach participants these skills:**

- How to manage external stimuli from the environment. This skill will help them learn to process and respond to events in socially acceptable ways from which they are expected to function.
- Methods to develop self-awareness.
- Emotional self-understanding.
- How to read other's facial expressions.
- How to recognize a broader range of emotions within themselves.
- Tools to gain perspective on how others see and react to their behaviors.
- Insight into events that trigger their internal emotional reactions.
- When and how to use problem-solving skills.

## Parent Learning:

- A critical aspect of your child's success in this group directly involves you learning and understanding "The Zones" language.
- The goal is to create a comfortable and supportive environment for your child to practice his or her self-regulation skills.
- Your involvement and your child's teacher's, after school care staff members and other caretaker's involvement will help your child to learn the skills more quickly and be more likely to apply them in many situations.
- You will be given handouts to further your understanding of the concepts and language used in *The Zones of Regulation* and your child will bring home their completed worksheets from each group to share with you.

## Class Information:

- These classes are for children old who have emotional & behavioral challenges ( ADHD, Learning Disability and other emotional challenges such as Anxiety or Oppositional Defiance Disorder).
- Class will be held weekly 4pm to 5pm for 10 weeks.
- Group leader Colleen-Maree is a registered teacher and has extensive experience in working with children and adolescents with emotional and behavioral challenges.
- Sign up for group either through phoning 98446736
- Or email [cm@therapysu.com](mailto:cm@therapysu.com)