

THE ZONES OF REGULATION[®]

Summer Group 2016

Wednesdays at 2:00 pm to 3:00 pm

June 8th to July 27th

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.

Guideline considerations for this summer group: Ages 6-9 years old, can follow instructions, and participate in structured activities for up to 1 hour. Please contact Sara Maternowski at 815-651-2027 for more information.



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