

ZONE THE HOME

EMOTIONAL REGULATION: WORKSHOP

Is your child struggling to manage their feelings? Are you unsure how to help them through their anxiety, anger or sadness?

Supporting children to emotionally regulate is a key skill. Many children will be supported to develop this vital skill in school by the use of 4 coloured zones. We know that school & home working together is essential.....

So join one of our workshops to learn strategies and practical tools using The Zones of Regulation framework. This workshop will explain self regulation and co-regulation and highlight the basics of using **The Zones at Home**.

We will explore how to set up check-ins and visual supports, identify triggers, build a toolbox of regulation strategies and create daily structures to help your child and family thrive

SUMMER TERM (2)

DATE - <i>online via MS Teams</i>	TIME
Tuesday 4 th July	10:00 - 11:00am
<i>or</i>	
Tuesday 4 th July	5:00 - 6:00pm
<i>or</i>	
Monday 17 th July	12:15 - 1:15 pm
<i>or</i>	
Monday 17 th July	2:00 - 3:00pm



Booking Information

Register in advance for your session at inspire@lbhf.gov.uk