

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

AUTUMN TERM (1)

AUTUMN TERM (2)

DATE	TIME	DATE	TIME
Mon 2 nd October	2:00 - 3:00pm	Thurs 14 th December	10:00 - 11:00am
or		or	
Mon 2 nd October	5:00 - 6:00pm	Thurs 14 th December	12:15 - 1:15 pm
or		or	
Fri 13 th October	10:30 - 11:30am	Tues 28 th November	2:00 - 3:00pm
or		or	
Fri 13 th October	5:00 - 6:00pm	Tues 28 th November	5:00 - 6:00pm

online via MS Teams

Book in advance with inspire@lbhf.gov.uk