

# 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

### SPRING TERM (1)

### SPRING TERM (2)

DATE	TIME	DATE	TIME
Wednesday 7 <sup>th</sup> February	10:00 - 11:00am	Monday 11 <sup>th</sup> March	12:00 - 1:00pm
<i>or</i>		<i>or</i>	
Wednesday 7 <sup>th</sup> February	2:00 - 3:00pm	Monday 11 <sup>th</sup> March	2:00 - 3:00pm

online via MS Teams

Book in advance with [inspire@lbhf.gov.uk](mailto:inspire@lbhf.gov.uk)