

EMOTIONAL REGULATION: ZONES WORKSHOP

INSPIRE Autism Team are hosting another Autism Training opportunity. This training is within the *Universal Offer/Ordinarily Available Framework* for staff in **Hammersmith & Fulham Primary schools** who **work with autistic children** to develop a variety of tools and strategies to support self regulation.

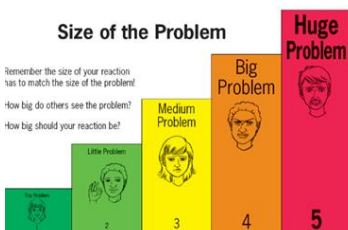
PART 1: Supporting Emotional Regulation Zones

Provide strategies for supporting children by scaffolding their skills so that they can build an awareness of their feelings/internal state:

- Using colours to help recognise emotional states
- Identify strategies that help support emotional states
- Develop a toolbox
- Explore adult coaching



PART 2: Developing Emotional Regulation Zones and Social Thinking



Strategies to support children to develop their understanding of pro-social skills – how behaviour may impact others with focus on self-care and overall wellness

- Understanding different perspectives
- Inner coach/inner critic – *changing negative thoughts*
- Size of the problem
- Developing flexible thinking

When – participants will need to register to attend [one session for each of 2 parts](#)

SPRING TERM (1)

SPRING TERM (2)

DATES	TIME	PART	DATES	TIME	PART
Friday 12 th January	12:15 - 1:30 pm	PART 1	Tuesday 27 th February	12:15 - 1:30 pm	PART 1
<i>or</i>			<i>or</i>		
Monday 15 th January	3:45 - 5:00 pm	PART 1	Thursday 7 th March	3:45 - 5:00 pm	PART 1
<i>or</i>			<i>or</i>		
Wednesday 7 th February	12:15 - 1:30 pm	PART 2	Wednesday 27 th March	12:15 - 1:30 pm	PART 2
<i>or</i>			<i>or</i>		
Monday 5 th February	3:45 - 5:00 pm	PART 2	Wednesday 27 th March	3:45 - 5:00 pm	PART 2

Book in advance for your training at inspire@lbhf.gov.uk

*****INSPIRE can also provide bespoke session(s) for individual settings – day/time at your convenience. Contact andrea.boswell@lbhf.gov.uk to discuss**