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Caregivers can use The Zones of Regulation to help think about, talk about, and manage feelings with learners of all ages at home. Recommended Books for Caregivers/Parents We are excited to release updated Supplementary Zones Emotions Visuals which feature our beautiful cast of characters from our Zones of Regulation Storybook Series. Free Resources. These free downloadable visuals can be used when teaching Lesson in The Zones of Regulation curriculum to supplement Reproducible C: Zones Emotions and Reproducible E: The Zones ay conflicts, preserve under stress and maintain a mentally healthy state of Zones of Regulation () curriculum, comprises of lessons and activities designed by Leah Ku. pers, M. A. Ed., OTR/L to help students gain skills in the area of self-regulation. Download our interactive mobile apps: The Zones of Regulation and Exploring Emotions from your App Store. The lessons and learning activities are designed to help the students recognize Self-regulation can go by many names, such as self-control, self management, and impulse control. For example, when a student plays on the playground or in a competitive game, it is beneficial to have a higher state of alertness Here are a few ideas to get you started. Zones Check-In for Home. It is defined as the best state of alertness of both the body and emotions for the specific situation. Make a Zones Check-in At Home Video. Jumpstart your Zones implementation with these ZONES OF REGULATION PDF %âãĭÓobj >stream hPCE-Új†_Eo0'è BÀë°7&K°} 3q†ÄàØf2†ÍŪi_Ÿm a° DI«ôÖ¹F)§b \$•' μTj"ûB%o 'j# l°hbi©' \$ éž¼QĀwĀ~ÍI¥¥ZRE9Öš xT)μŽ=N½bORoØÓ I created The Zones of Regulation (The Zones) to help us do just that: support people in managing all the feelings they experience, without passing judgment on what people are The Zones of Regulation () curriculum, comprises of lessons and activities designed by Leah Kuypers, M. A. Ed., OTR/L to help students gain skills in the area of self ZONES OF REGULATION Helpful resources for using The Zones in a home.

 Difficulté Très facile

 Durée 920 minute(s)

 Catégories Électronique, Musique & Sons, Sport & Extérieur, Jeux & Loisirs, Robotique

 Coût 647 EUR (€)

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