



Zones of Regulation Support

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Who can we help and how?

The 'Zones of Regulation' is a programme that can be used as part of an approach to support a young person to begin to recognise and regulate their emotions. The Zones of Regulation organises our feelings, states of alertness and energy levels into 4 different coloured zones. The simple, common language and visual structure makes the complex skill of regulation more concrete for learners and adults alike.

It is suitable for all learners from age 4 up to adults who struggle with emotional regulation but can be particularly useful to those with sensory processing challenges, individuals with ASD or ADHD diagnosis/traits and those struggling with anxiety or anger.

Where would we offer this support?

This support can be offered at school or at home. It is beneficial for the Zones of Regulation to be used consistently across both settings, as this gives the young person maximum exposure to the language and concepts and helps to create a Zones climate, where everyone around the child is confident to use the Zones language and processes of regulation.

How would support look?

Each session would concentrate on one of the Zones concepts from the new 2024 Zones of Regulation digital curriculum.

Activities would range from online tasks to written tasks and practical activities. Each concept has a range of activities to include young people at all entry levels so it can be individualised to the child's level of need and understanding. Following each session, those who support the young person would receive an information sheet explaining what was taught and how they can reinforce and implement the Zones in their setting.





Ongoing Benefits to settings and families

Our team can help to create a Zones climate across home and school, supporting the embedding of concepts into the classroom. The Zones approach can then be rolled out more widely if desired, benefiting not only the individual child but also their class and potentially the whole school.

Although it is not a behaviour management programme, a child's behaviour often becomes more regulated and anxiety levels can decrease as they gain a better understanding of their emotions.

The Zones of Regulation offers a consistent approach across settings and can follow a young person throughout their schooling, providing valuable support during times of transition.

Fees

Please [contact the TCT Office](#) for enquiries.



FOR FURTHER DETAILS OR TO MAKE A BOOKING

Contact Us

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