



The Zones of Regulation® Comprehensive Training Course Description and Agenda

(5.5 clock hours + 2x 15 minute breaks, 1 hour lunch break)

In The Zones of Regulation Comprehensive Training, participants will take a deeper dive into the competency of regulation and how it fits into a climate and culture of social emotional learning. This training builds off of the Basic Training to offer a more in-depth look into the neurological components, development of regulation, and compassionate mindset as the foundation to understanding and teaching The Zones of Regulation. Whether you are new to The Zones or are a seasoned practitioner, this training will provide you with a thorough understanding of the lessons and concepts within The Zones of Regulation Digital Curriculum. Extensive exploration of regulation tools and strategies will help you teach The Zones of Regulation with fidelity and efficacy. In addition to highlighting the new Digital Curriculum, this webinar includes student work samples, classroom artifacts, and videos. It explores strategies for adapting and differentiating The Zones to help all learners, both neurodivergent and neurotypical, meet their goals across school, home, and community settings. Participants will walk away with an in-depth understanding of regulation and how The Zones makes this competency easily accessible for both teachers/practitioners and learners alike.

LEARNING OBJECTIVES:

- Learn how regulation develops and underlying neurobiological components.
- Acquire knowledge of fundamentals and signature practices of The Zones of Regulation.
- Develop a solid understanding of the scope and sequence of The Zones of Regulation Digital Curriculum.
- Discover how to use Zones Climate to create an enriching learning environment.
- Delve into key Zones concepts to ensure implementation with fidelity.
- Explore regulation tools and strategies in hands-on activities.
- Review learner work samples and videos that illustrate strategies for adapting and differentiating The Zones concepts for various populations.



AGENDA

Session 1: One hour and 45 minutes

- **Orientation to The Zones of Regulation Digital Curriculum and implementation overview**
- **Exploring the competency of regulation**
 - What's Under the Hood:
Sensory, executive functioning, emotional regulation, social cognition

Break: 15 minutes

Session 2: One hour and 15 minutes

- What's the Terrain: External factors and reframing how we view behavior
- **Introduction to The Zones of Regulation framework**
 - Zones Signature Practices
 - Essential Zones Climate elements

Break: 60 minutes

Session 3: One hour and 15 minutes

- **Zones Curriculum concepts, resources, and strategies including:**
 - Identifying emotions, energy states
 - Noticing body signals/building interoception
 - Perspective-taking and situational awareness
 - Recognizing triggers and sparks

Break: 15 minutes

Session 4: One hour and 15 minutes

- **Zones Curriculum content continues, including:**
 - Regulation tools and strategies
 - Teaching a "Tool of the Week"
 - Decision-making
 - The Zones Pathway to regulation
- **Adaptation and Integration**
- **Endnotes and Questions**