

The Zones of Regulation® (ZoR)

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Tools to Foster Self-Regulation for Students who Struggle with Managing Their Emotions and Sensory Needs



Teaches Clients:

- How to identify their level of arousal and sensory needs
- Which calming strategies work for them
- The impact of calming strategies and when to use them
- Problem solving solutions

Trainings provide strategies to help students become more aware of and independent in controlling their emotions and impulses, managing their sensory needs and improving their ability to problem solve conflicts. Practical ideas are provided that can easily be incorporated into the classroom or home.

Therapeutic Audience:

Zones of Regulation (ZoR) strategies are applicable to elementary regular education and all levels of special education students (early childhood through high school depending on cognitive abilities and maturity level). The ZoR program is geared for clients on the autism spectrum, with ADHD/ADD, social and developmental cognitive delays, anxiety and emotion disorders and other neurobiological disorders. Ideas will be provided on how to adapt strategies to support students with lower cognitive functioning.

Target Audience for Trainings:

Parents, regular and special education teachers, occupational therapists, psychologists, social workers, speech language pathologists, instructional aides, behavior consultants, and other interested professionals.



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Trainings are available in 2 hour, ½ day, and full day increments. District, public and private school venue trainings available.

For Scheduling and More Information Contact:
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