

THE ZONES OF REGULATIONS



FOSTERING SELF-REGULATION AND EMOTIONAL CONTROL



THE ZONES OF REGULATIONS SOCIAL GROUP is designed for children in primary school who struggle with regulating their emotions and impulsivity by:



Helping them recognize when they are in different emotional states called “zones”.



Helping them learn to use strategies and tools to stay in a zone or move from one to another.

GROUP SIZE: 2 or 4 children (based on age and ability)

WHEN: 11 Mar (one session weekly)

TIME: time to be confirmed.

COST: \$55 per session (18 sessions in total)

LOCATION: Point Cook Town Centre

TO BOOK: (03) 8353 9521, info@equipkidsot.com

*Minimum payment of 10 sessions is required upon booking.

**Cost may vary depending on funding.