

# Parents as Partners Conference

Workshop Session: C16

Room: 205C

## What to Do When Your Child Comes Home In “The Red Zone” – Using The Zones of Regulation at Home to Support Self-Regulation

Special Education Advisory Committee (SEAC)

This interactive workshop will provide both a brief explanation of self-regulation and a theoretical and practical introduction to the program “Zones of Regulation” and its use in the home. The Zones of Regulation is a program geared toward helping children gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the program’s learning activities are designed to help children recognize when they are in different states called “zones,” with each of four zones represented by a different colour. In the activities, children also learn how to use strategies or tools to stay in a zone or move from one to another. Children explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen children’s understanding of how to self-regulate, the lessons set out to teach children these skills: how to read others’ facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills.

### Cheryle Went

Itinerant Behaviour Resource Teacher

Email: [Cheryle.went@tdsb.on.ca](mailto:Cheryle.went@tdsb.on.ca)

Cheryle has been a Special Education teacher with the TDSB for over 35 years in a variety of settings including self-contained Behaviour classes ranging from SK to Grade 8 and her present position on the Behaviour Regional Services Team. As a Registered Psychotherapist she works privately with children and adolescents.

### Jennifer Cottle

Child and Youth Worker

Email: [Jennifer.cottle@tdsb.on.ca](mailto:Jennifer.cottle@tdsb.on.ca)

Jennifer Cottle is a Child and Youth Worker, with the Toronto District School Board for the past 13 years. She has worked in a variety of classroom settings including Primary and Secondary Behaviour programs and for the past 10 years has been a member of the multidisciplinary Behaviour Regional Services Team.