

	<b>Time</b>	<b>Track 1 4 - 8 Year Olds</b>	<b>Track 2 9 - 12 Year Olds</b>
<b>Breakfast</b>	9:30 am - 10:00 am	Registration - Continental Breakfast – childcare drop off	
<b>Workshop 1</b>	10:00 am - 11:00 am	A variety of age-relevant activities based in the Zones of Regulation.	
<b>Workshop 2</b>	11:00 am - 12:00 pm	A variety of age-relevant activities based in the Zones of Regulation.	
<b>Workshop 3</b>	12:00 pm - 1:00 pm	A variety of age-relevant activities based in the Zones of Regulation.	
<b>Lunch</b>	1:00 pm – 2:00 pm	Lunch, Gather & Goodbye – <b>FULL GROUP</b>	
		<b>Rooms: 153, 154, 155, 156 – MAX 75 Youth</b>	

## WHAT ARE THE ZONES?

The Zones of Regulation is the original framework and curriculum (Kuypers, 2011) that develops awareness of feelings, energy and alertness levels while exploring a variety of tools and strategies for regulation, prosocial skills, self-care, and overall wellness. This curriculum provides us an easy way to think and talk about how we feel on the inside and sort these feelings into four colored Zones, all of which are expected in life. Once we understand our feelings and zones, we can learn to use tools/strategies to manage our different Zones to meet goals like doing schoolwork or other tasks, managing big feelings, and healthy relationships with others. The simple, common language and visual structure of The Zones of Regulation helps make the complex skill of regulation more concrete for learners and those who support them.



### Blue Zone

Sad - Bored  
Tired - Sick



### Green Zone

Happy - Focused  
Calm - Proud



### Yellow Zone

Worried - Frustrated  
Silly - Excited



### Red Zone

Overjoyed/Elated  
Panicked - Angry - Terrified