



Child First Family Services
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Social Skills Group: The Zones of Regulations

The Zones of Regulation curriculum is for children (ages 8-18) that struggle with self-regulation including regulating sensory needs, executive functioning, emotions including anger management, and impulse control so that the child can exhibit socially appropriate behavior with others. The program is a 9 week group for one hour and fifteen minutes for each session. Children will be grouped by age and developmental levels. Parents will receive information following every group so that the concepts can continue to be incorporated at home.

Curriculum:

Session 1: Introduction to the Zones of Regulation of the Blue Zone, Green Zone, Yellow Zone and Red Zone to increase the students emotions vocabulary and increase their recognition of facial expressions.

Session 2: This session will focus on expected and unexpected behaviors. Many students are unaware of the unwritten social rules or hidden rules which will be discussed.

Session 3: This session focuses on students increasing their awareness of how others perceive them in different zones. In addition, the students learn that their behavior can change and affect others' thoughts, feelings, and zones. Social Behavior Mapping will be reviewed.

Session 4: This session will discuss how different events change the way they are feeling and that our zones fluctuate throughout the day. Zone Idioms will also be reviewed.

Session 5: This session will teach students to recognize their personal triggers that lead to the Red or Yellow Zone. This will include problem solving to avoid triggers.

Session 6: This session will explore strategies and tools to calm and alert one's self. Each student will begin to develop their tool box of strategies.

Session 7: This session will explore sensory supports that work for each student which will include stations that the students experience.

Session 8: This session will focus on thinking strategies such as Size of the Problem Worksheet and Superflex vs. Rock Brain thinking strategies.

Session 9: This session will be learning when to use and apply the tools that each student has collected.

Cost: \$50 per session. Scholarships are available based on need and availability.

Please inquire about schedule. We want to accommodate your schedule so please be prepared to share the day of week that works for your student and the group you are interested in attending. We will also be emailing you a student profile so that we are grouping children appropriately for maximum benefit.