

ZONES OF REGULATION TRAINING

Overview

Newcastle Educational Psychology Service are offering a free training programme in The Zones of Regulation (Leah M. Kuypers). This includes the theory behind The Zones of Regulation and how to implement this approach in your setting. The Zones of Regulation is a framework which simplifies how we think about and manage our feelings to benefit wellbeing and behaviour.

The training will be delivered by our Assistant Educational Psychologists (AEPs) to school or setting staff on site and will consist of three sessions.

You can find out more about The Zones of Regulation [here](#).

Aims

- Build on emotion skills including recognising, labelling and understanding emotions in themselves and others.
- Develop emotional regulation strategies as well as when and how to use them.
- Develop problem-solving skills with solution-based techniques.
- Build on emotional literacy skills including empathy and communicating feelings to others.
- Develop positive relationships in the class and promote

Bite Psych: The Zones of Regulation

Newcastle EPS have produced a short video introducing the Zones of Regulation which can be accessed by clicking below.



Programme structure

Session 1

Whole staff (or smaller group depending on staff needs) training session to introduce and explain how to implement The Zones of Regulation as a graduated approach in your school or setting

Sessions 2 & 3

Schools will have access to two further sessions which can be offered based on the needs of the school. Possible additional sessions could be:



Refresher/ new staff training session



Parent Session



Solution Orientated Approaches



Practical application in the classroom

Zones of Regulation Padlet

The Newcastle EPS Zones of Regulation Padlet was created to provide schools with ideas and tools to support the implementation of Zones within their setting. Click or scan the QR Code to access this.



2022-23 Evaluation

The Initial Zones of Regulation Training has been delivered to **29** schools this year, including 4 secondary schools and 6 specialist provisions.

436 people responded to an evaluation from the initial training which was used to identify strengths and areas to improve.

Strengths:

- ✓ Respondents appreciated the breadth of the training and practical ideas to start implementing in schools.
- ✓ Staff reflected on their own practice and how Zones of Regulation may look in their classroom.
- ✓ Staff considered how the different Zones may look in their students.

Based on school feedback, moving forward the EPS will:

- Provide more physical resources to support implementation.
- Offer more flexibility in the sessions offered to school.
- Make a more specific training package for secondary provisions.

If you are interested in accessing this training for your school or would like to know more, please contact our AEPs at:

assistanteps@newcastle.gov.uk