

Zones of Regulation for Parents

A 1.5 hour session with an experienced Occupational Therapist and Advanced Sensory Integration Practitioner to explore:

The 8 Senses

Gain an awareness of what the 8 senses are and how they impact all of us.

What the Zones are

Learn what the 4 zones of regulation are.

Zones Toolkit

Explore a range of strategies that can help make home life feel calmer. These can form a 'toolkit' of helpful ideas.

Ask questions

An opportunity to ask questions for individualised support.

✉ **Contact Us**

hello@activeplaytherapies.com

🌐 **More Information**

www.activeplaytherapies.com



9AM-10.30AM

19
MARCH

**LYTCHETT
MATRAVERS
PRIMARY**

for parents and carers of children at
Lytchett Matravers Primary School