

## PREPARING AND TEACHING THE WHOLE CHILD

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**Presentation Title: The Zones of Regulation: A Framework to Foster Self-Regulation and Emotional Control**

How many tools are in your self-regulation toolkit? Based on the Zones of Regulation Curriculum, created by Leah M. Kuypers, MA Ed. OTR/L, this presentation will discuss the development of emotional regulation in students. Participants will explore factors that influence self-regulation, as well as evaluate emotional regulation strategies for implementation in classroom settings. This presentation is best fit for Upper Elementary and Middle School teachers who prefer hands-on learning and engagement with the presentation facilitator and other participants. After this session, participants will have access to vetted resources for implementing self-regulation strategies in the classroom.

**Presentation Target:**

Middle School

**Presenter(s):**

1. Ashley Blackmer, Science and Wellness Teacher, The Oakwood School