

# THE ZONES OF REGULATION REIMAGINED

## Workshop Agenda

<b>7:30 – 8:30</b>	<b>Registration, Vendor Hall, and Refreshments</b>
<b>8:30 – 9:00</b>	<b>Welcome</b> – led by Adam Berkin and Stephen Perepeluk Introductions, Housekeeping, Platform Orientation
<b>9:00 – 10:00</b>	<b>SESSION 1: The Reimagined Zones of Regulation Framework and Curriculum</b> – led by Leah Kuypers <ul style="list-style-type: none"><li>• Introduction to the Digital Curriculum and its instructional design</li><li>• How to differentiate and adapt for a range of learners</li><li>• Fostering emotional literacy and Signature Practice 1: Categorizing feelings into Zones<ul style="list-style-type: none"><li>– Interactive Presentation experience</li></ul></li></ul>
<b>15 Minute Break – Vendor Hall Open</b>	
<b>10:15 – 11:45</b>	<b>SESSION 2: The Zones Climate and Self-Awareness</b> – led by Leah Kuypers <ul style="list-style-type: none"><li>• Tool of the Week 1</li><li>• The Elements of a Zones Climate</li><li>• Building interoceptive awareness and Signature Practice 2: The Zones Check-In<ul style="list-style-type: none"><li>– Group Activity experience</li></ul></li></ul>
<b>1 Hour Lunch – Provided</b>	
<b>12:45 – 2:15</b>	<b>SESSION 3: Applying Regulation Tools and Strategies</b> – led by Leah Kuypers <ul style="list-style-type: none"><li>• Tool of the Week 2</li><li>• Customizing regulation tools and Signature Practice 3: The Zones Toolbox<ul style="list-style-type: none"><li>– Geared Activity experience</li></ul></li><li>• Metacognitive strategies and Signature Practice 4: The Zones Pathway<ul style="list-style-type: none"><li>– Check for Learning and Bridge experience</li></ul></li><li>• Summary of The Zones Key Principles</li></ul>
<b>15 Minute Break – Vendor Hall Open</b>	
<b>2:30 – 3:45</b>	<b>SESSION 4: Prepping for Instruction</b> – led by Emily Walz and Elizabeth Sautter <ul style="list-style-type: none"><li>• Tool of the Week 3</li><li>• Planning Zones instruction across settings and tiers<ul style="list-style-type: none"><li>– Instructional models</li><li>– Pacing instruction</li><li>– Data collection and tracking</li></ul></li><li>• Collaborative Implementation Planning</li></ul>
<b>3:45 – 4:00</b>	<b>CLOSING REMARKS AND QUESTIONS</b> – led by Leah and the team