



## **Informational Session**

**on**

**The**

## **ZONES of REGULATION**

Please join us at Lebanon Elementary School to learn about the Zones of Regulation and how it is used within our school setting.

The Zones of Regulation is a curriculum that teaches students strategies and techniques to develop self regulation skills, identify feelings, and consider how their behavior impacts those around them. Using these techniques, students learn improved emotional control, sensory regulation, self-awareness, and problem-solving abilities.

**When: Tuesday October 8th**

**6:00-7:00pm**

**Where: LES Library**

**Light refreshments will be provided**

Presented by Jessica Scorso, Yvette Boutin and Jean Glode

\*Please note: No childcare will be provided and this event is geared for parents and caregivers