

About the program

This program is based on the 'Zones of Regulation' curriculum by Leah M. Kuypers. It will be offered as an intensive program, run over six 1.5hr sessions. The sessions will be held in the school holidays. Groups of four to five children will be led by an occupational therapist and assistants. Dates and times will be confirmed at the time of booking.

Will I get a written progress report?

There are no written reports. You can talk to the lead clinician after sessions or at other times by email or a message at reception if needed.

What can parents do to help?

Parents are invaluable in helping their children to get the most from the program. Parents can follow up on content learnt in sessions by reviewing the completed materials in their child's 'Me & My Emotions' resource folder, which will be provided as part of the program.

Aims of the program

- Increase emotions-related vocabulary
- Improve recognition of facial expressions/feelings
- Deepen understanding of the four different "Zones":
 - **Red zone** - used to describe extremely heightened states of alertness and intense emotions
 - **Yellow zone** - used to describe heightened states of alertness and elevated emotions
 - **Green zone** - used to describe a calm state of alertness
 - **Blue zone** - used to describe low states of alertness and down feelings
- Help children identify which "Zone" they are in across a range of situations and environments
- Increase understanding of expected and unexpected behaviours
- Understand that our behaviours can influence others' thoughts and feelings
- Learn to recognise personal triggers for a variety of emotions
- Explore and identify appropriate sensory support tools and thinking tools for calming
- Increase understanding of when to use tools to regulate emotions and behaviour



Who is this group suitable for?

This program is designed for children aged 7 to 12 years who have difficulty with:

- Understanding their own emotions
- Reading other people's facial expressions/identifying others' feelings
- Reacting appropriately in response to being told "no" or when situations do not go their way
- Expressing emotions in a socially appropriate manner and understanding the impact of their behaviour on others
- Managing feelings of anger, frustration, anxiety and/or worry

Participants are carefully selected in order to maximize success and group cohesion. Therefore we need to meet all children before they are accepted. We cannot guarantee a suitable group for every child who may want to participate in one.

Other things to know

Please give your child a snack before arriving to each session. Children should bring a bottle of water but please do NOT send other food due to potential allergies.

Investment

The program consists of six 1.5 hour sessions. The groups run on Tuesdays, Wednesdays and Fridays during school holidays. Payment of the full fee for each term is required to accept an offered place.

This program may be accessed under NDIA funding. Please discuss this with your therapist to see if it meets your child's NDIA goals and if you have funding available. Group programs are charged at a lower rate than individual sessions making them a cost effective option.

Dates and costs will be confirmed at time of booking.

Check our website for pricing, dates and location of our next group.

<http://www.talkingmatters.com.au/services/speech-assistant-program-talking-matters-speech-pathology-elizabeth-downs-8255-7137>



How do I book?

Getting started is easy. Speak to your Talking Matters therapist or complete the online registration. Children who are not currently working with Talking Matters may need to attend an additional 30 minute session along with a parent to determine if the groups would be appropriate. Standard therapy fee applies.

Can I sit in on sessions?

In order to protect confidentiality and create a friendship group among students, parents are not able to sit in. They often however enjoy meeting other parents while they wait.

Are missed sessions refunded?

Refunds are not possible for missed sessions as therapists will still be in attendance. We would appreciate notice if your child is unable to attend.

Helping your child reach their potential

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Talking Matters

Me & My Emotions

School Holiday Program



*A group based on
the 'Zones of Regulation' curriculum
by Leah M. Kuypers*

*Helping children to
self-regulate and manage
their emotions*