

# Zones of Regulation

The Zones of Regulation incorporates core teachings from Social Thinking to help students learn more about perspective-taking to better understand how being in the different zones impacts others' thoughts and feelings around them. The Zones curriculum also helps students gain an increased vocabulary of emotional terms, skills in reading facial expressions, problem-solving skills, and much more.

**Presenters** Janette Castillo, Program Administrator  
Katie Tigchelaar, School Psychologist

**Date** March 13, 2024

**Time** 5:30pm - 6:30pm

**Location** Virtual Presentation

*Please RSVP to Jennifer Cox at [jcox@gaselpa.org](mailto:jcox@gaselpa.org). A Zoom link will be provided after registration.*

