



## Zones of Regulation and Supporting Emotional Awareness Skills: Developing a Whole School Approach

### Course Overview:

This half day course will provide a sound understanding of emotional needs. As highlighted by recent NICE guidance on mental health and wellbeing and Public Health/DFE guidance, behaviour invariably has an unmet emotional need at its heart. In this course we will look at emotional needs and what we should be looking for and the approaches we can use to support children's emotional awareness, communication and self-regulation skills. All of these aspects will be seen through exploring the Zones of Regulation and looking at how the Zones can be developed in your classroom and across the whole school as well as with families at home for a holistic approach.

### Course Content:

- What do we mean by emotional needs?  
What is the current debate?
- How do these needs present across the age range?
- What underlying causes do we need to be aware of?
- How can we be consistent in responding to children to nurture their emotional development?
- What approaches are commonly used in schools and what impact may they have on individual children and collectively?
- What are the Zones of Regulation: the theory behind the approach?
- How can the Zones be developed in your classroom and across your school to support every child?
- How can you and your school work in partnership with families to support emotional literacy at home and in school?

### About Paul Cabb:

Paul has over 30 years of experience in education. Beginning his career as a primary school teacher, he was part of SLT's and ran social/life skills interventions. A passion for SEND saw Paul complete a Master's degree in education at the Central School of Speech and Drama as well as further post-graduate study into Autism and neurodiversity. Following twelve years as Social Communication Difficulties outreach advisor across primary, secondary, and specialist provisions for Bromley LEA, Paul set up an independent advisory service. His service: Social Eyes, provides individual pupil/student caseload strategy/ intervention advice, CPD training, voluntary services forums and family workshops in Bromley, Lewisham, Croydon, and Greenwich.

**Facilitator:** Paul Cabb

**Course Cost:** £120.00 per delegate

**Venue:** Warren Road Primary School  
Warren Road Orpington,  
Kent BR6 6JF

**Date/Time:** Please see website for details

To book, please ring 01689 853798 or visit [www.wrta.uk/courses](http://www.wrta.uk/courses)