

LITTLE SUPER HEROES

Little Super heroes is a fun and engaging group to teach the
Zones of Regulation!



The Program

Children will learn how to regulate emotions as well as recognise emotions in themselves and others by using aspects of the Zones of Regulation program. Through games, stories, activities and fun, your child will learn skills, while developing their social connections with others.

Skills Targeted

- Recognise emotions in themselves and others
- Learn and practice calming and alerting strategies
- Gain an increased awareness of how emotions look and feel
- Recognise opportunities to use tools and strategies in the day
- Understand how to use size of the problem as a thinking tool

Details

Starting Date: Tuesday 9th May

Frequency: Weekly (8 sessions + 1 Report)

Time: 12.15pm – 1.15pm

Age: 4-6 years

Location: South Morang Clinic

Price: \$855 (Individual Session Breakdown Provided in Confirmation Email)



**BUILDING BLOCKS
THERAPY**