



THE PROGRAM:

This program aims to build independence with emotional regulation skills through concepts from the Zones of Regulation program.

SKILLS TARGETED:

- Develop emotional vocabulary
- Develop awareness of body cues for different emotions
- Develop awareness of others body language and facial expressions
- Develop emotional regulation strategies
- Develop an action plan for different emotions

DETAILS:

Starting Date: July 1st, 2024

Time: 2-3pm

Frequency: Daily for 5 sessions + 1 report

Ages: 7 - 9

Therapists: Michelle & Sinead

Location: Bundoora clinic

Please contact our clinic to receive a service agreement with pricing information.



www.buildingblockstherapy.com.au

