



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:

Time: 4pm-5pm

Frequency: 5 sessions + 1 report

Ages: 9-10 year olds

Location: Bundoora clinic

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



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