## **Zones of Regulation: Whole Body Listening**

### Whole body listening



Whole body listening means having our

body and our brain in the group.

## Body is in the group



Sitting still



Facing the front



Hands and legs



stil

### Brain is in the group



Think about the so



same



topic

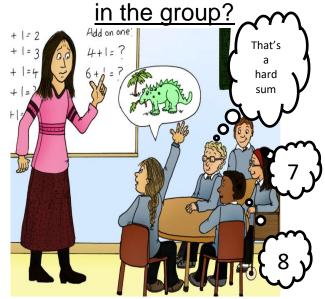


Looking at the



person talking

# Who has their brain and body



The Zones of Regulation were developed by Leah Kuypers MA ED., OTR/L. More information can be found at <a href="http://www.zonesofregulation.com/index.html">http://www.zonesofregulation.com/index.html</a>