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November 2020

Ocean in a Bottle: Reflection

In this Kindergarten classroom, there are two students who are coded with autism. There are also two students who seem to have anxiety and require more attention with behaviour management. To support the students, the class has the following sensory tools:

- Wobble stool / Wobble cushion
- Weighted animals (lizard and dolphin)
- Fidget tools (tangle, fidget snake)
- Noise cancelling headphones

These tools have raised question among the other students about the tools. They are for everyone, and every child have the opportunity to use them when needed. However, there are to enough tools to help each student in diverse ways. Each tool has a way of helping the students; however, they may not help each one. Reflecting on this, I wanted to create a tool to help the students will concentration and self-regulation. I came upon the idea of glitter jars/bottle.

In the creation of these, each student had the opportunity to make their own bottle. They chose the colour of the water and glitter. They chose the sea animals to put in. they were the ones who put in all the ingredients and mixed them together. This invited them to be proud of their creation and make a tool that is their own. These glitter bottles have the work of each student put in it. They were part of the process and worked hard to make it into the glitter bottle they want. The bottle is labelled to their name. Thus, this tool will be used by them. If they want to share, they can decide so. The classroom teacher will be keeping this tool in the class to give each student to chance to use a sensory tool.

The glitter bottle invited the students to know their own emotions and attention. When they feel a certain way, they can use this tool to focus back to the issue or event. This activity touches upon Quebec's Kindergarten curriculum by applying knowledge of world experiences, development of personality, and the ability to follow steps and complete a project.

This was my favourite lesson to complete with the students. It was an introduction to the Under the Ocean theme of the class. It allowed me to enrich the relationship with each student and guide them. The students were just as excited as I was. I was able to apply my love for science and social/emotional learning. This lesson can apply many different concepts as well. The teacher can focus on colour mixing (Creating secondary colours with primary colours). They can teach about each sea animal as well.