

How to Make: The Personal Bin

You will need the following materials:



- A basket, bin or bucket (1 bin per student with whom the intervention will be implemented)
- File folder labels (for name labeling)
- A selection of items borrowed from the NSC (fidgets, crayons, book)
- Personal items from home (plush toy, photograph, note, choice board)

Step 1

Preparing the personal bin



- The bin is prepared with the student and is not shared with others.
- The bin remains in the NSC however, items may be brought to class with the teacher's approval.
- Students are invited to select a pre-determined amount of their preferred quiet activities and favorite items to keep in their bin.
- They may bring special objects and photos from home or a personal note from a loved one.

Step 2

Setting up the intervention with the personal bin



- Please see the Video Capsule "Personal Bins" to provide you with information, instructions and guidance.
- Please store the personal Bin in a location that is easily accessible to the student, meanwhile not accessible to all students.

Benefits

Benefits from using the personal bin



Students can retrieve their own personal intervention materials when needed. The bin provides a sense of belonging and significance with the NSC. Private access to their favorite things gives them comfort and supports them through difficult times and shifting gears. Students feel understood, empowered and become active participants in their learning process. The bin becomes a form of connection to them that they can take around anywhere in school.