

## Personal Bin for Secondary



### Rationale:

Personal bins are individual tool kits prepared with a student, where their preferred sensory tools and fidgets, quiet activities, small hands-on project and/or books can be included. They are prepared when a student is calm and receptive to intervention by the support staff or any other adult involved. They can be used when a student needs a break from the classroom or during a scheduled time with an assigned adult (in the Nurturing Support Centre (NSC) or any other alternate spaces in the school).

### Benefits:

Students can retrieve their own personal intervention materials when needed. The bin provides a sense of belonging and significance to 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.

**For whom:** Students at Tier 2 (targeted support) and at Tier 3 (individual and intensified support) who use the NSC, those who take scheduled breaks in the hall, and those who like to have items reserved for them. The bin is also a good option for those who have “sticky hands”. Having their items in the bin reassures students, letting them know they don’t need to worry about losing an item or not having it available for them when they return. It becomes a means for students to borrow from the NSC. Just like a desk or locker, the students can privately and safely store things.

### Caution Elements:

- Bins are prepared individually for each student and should never be shared. Moreover, others must respect their privacy.
- Bins should be returned to the same location and remain accessible to the student upon need.

### Suggestion of items which can be placed in the bin:

- Sensory materials and fidgets (items that are discrete and quiet): [TheraPutty](#), [Popper fidget](#), [pencil top](#), [fidget ring](#), [Tangle Jr.](#), [stress ball](#), textured fabrics, etc.
- Noise canceling headset
- Drawing materials: white pages, mandalas, sketchbook
- Writing materials: journal with [journaling prompts](#)
- Working through emotions: [My Tools and Strategies Folder](#), [What’s Not Working](#), [My Tools to Help](#), [emotion cards](#) or [emotions wheel](#), [nature scenes](#)
- Breathing exercises: [5 Finger Breathing](#), [Shape Breathing](#)
- Fine motor activities: origami, materials for corking/knitting, loom bracelet, etc.
- Paper-crayon activities: word search, sudoku, etc.
- 1-person game: playing cards
- Small hands-on projects of interest
- Books of the student's interest
- Academic work (something the student can easily accomplish on their own)