



Enhancing Learning

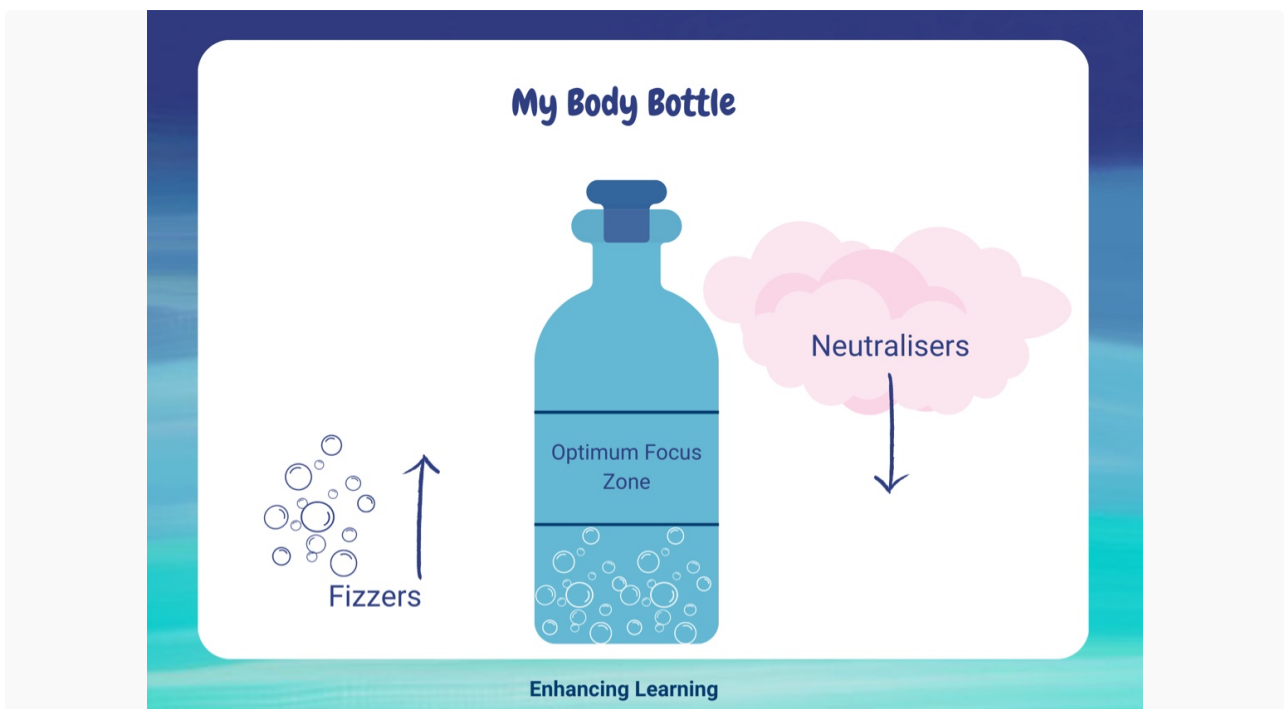
Connections Conversations Creativity

Our Body Bottle Lesson

Our Body Bottle

The What: To understand how our bodies reacts to the world around it and what helps us regulate our reactions. Adults are able to communicate how our body reacts and what helps us regulate our reactions.

The Key Ideas



Bottle size and shape - we are all different in how easily we can regulate our reactions. This can be visualised as the size and shape of our bottle.

- Tall and thin - can tolerate certain drops of bicarb for a while but eventually can get close to bubble over.
- Wide but narrow neck - tolerate lots of drops of bicarb but big eruption when the top is reached.
- Short and narrow neck - easy to bubble over frequently

Cork or no cork? Some of us cork the reactions we feel, unless we feel safe to react. The cork keeps the fizz constrained but it must eventually be released. Those with no cork means reactions occurs regardless of where or when.



The Body Chemicals

We are all born with different levels of reactivity and this base is further changed by our surroundings and interactions in early life.

- Our reactions are our stress response - the release of chemical in the body when under pressure.
- We describe the chemicals as the vinegar in our body bottle.
- Vinegar levels can be influenced by good quality interactions with people who make us feel safe and lots of opportunities to self manage our levels by seeking activities that make us feel good.

The Fizzers

The world around us triggers reactions to keep us alert and focused. But we all get to a point where we can't filter out incoming information and become overwhelmed. This is what we call drops of bicarb and the reaction this has with the vinegar in our body bottle. When drops of bicarb hit the vinegar the fizz starts to develop.

- Low drops of fizz from our world - these body bottles need lots of drops of fizz to become focused and ready to learn.
- High level of drops from the world - these body bottles take in everything from the world around them and find it hard to filter. They see, hear and feel everything.

The Neutralisers

These are things that stop the fizz. They stop the chemical reaction from occurring or calm it down.

- These are personal and variable - so something that worked before may not work again.
- New neutralisers can be found that work better at different times.
- Children will need adults to remind them to use/access their neutraliser options.
- All adults should be aware of the best neutraliser options for the child and their preferences