# Little SPARK: Simple Play Adaptations to Reference for Kids

## Hand2Mind Express Your Feelings Sensory Bottles

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| **Description:** | **Image:** |
| Express Your Feelings Sensory Bottles are designed to help children identify and manage their feelings in a quiet, hands-on way. | Four hourglass shaped bottles filled with colored liquid each bottle has a face expressing  one of four emotions; happy, angry, scared, and sad. |

**Who Might Benefit?**

Those who are learning to manage strong emotions, regulate their behavior, and focus effectively, often benefit from quiet, self-directed activities and sensory supports throughout the day.

**Why Use?**

Provides an opportunity to talk about feelings, show how they are feeling without talking, explore self-regulation, and engage in quiet, self-calming activities.

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| Instructions for Use: | Adaptation Ideas: |
| **Environmental Considerations**   * Quiet, private area for discussing feelings.   **Positioning & Alternate Positioning**   * Use in any position where the bottles can be reached and viewed.   **Basic Play/Use**   * Shake, tip, or swirl the bottles and watch the contents move and settle.   **Extended Play/Use**   * Play color identification activities**.** * Explore with a light box.   **Play/Use with Others**   * Play/sing the song “If You’re Happy and You Know It” and make up actions to go along with the feelings. * Play a color matching game. | **Build It Up**   * Use Dycem or shelf liner to provide gripping surface.   **Stabilize It & Contain It**   * Use a shallow box or cylindrical holder for holding bottles upright and containing to one space.   **Simplify It**   * Introduce/use one at a time.   **Add Sensory Cues**   * Listen to quiet music while exploring bottles.   **Communication Support**   * Add visual supports. * Read stories about different characters and their feelings.   **Alternative Uses**   * Use as a simple timer. * Use in group activities like color matching, transition activities, story or circle time. |

### Words to Encourage Play/Use

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| **I feel**  A person pointing at different faces  AI-generated content may be incorrect. | **Happy**A cartoon of a bald head  AI-generated content may be incorrect. | **Sad**A cartoon of a bald person crying  AI-generated content may be incorrect. |
| **Sick**A cartoon of a person with his arms crossed  AI-generated content may be incorrect. | **Surprised**A cartoon of a person with their hands on their cheeks  AI-generated content may be incorrect. | **Tired** A cartoon of a person yawning  AI-generated content may be incorrect. |
| **ConfusedA cartoon of a face with question marks  AI-generated content may be incorrect.** | **MadA cartoon of a person with his hands up  AI-generated content may be incorrect.** | **Scared**  **A cartoon of a bald head with a sad face  AI-generated content may be incorrect.** |

\*”Adaptations” adapted from: Haugen’s Modes for Adapting Toys based on materials from the "Let's Play" Project at the University of Buffalo

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