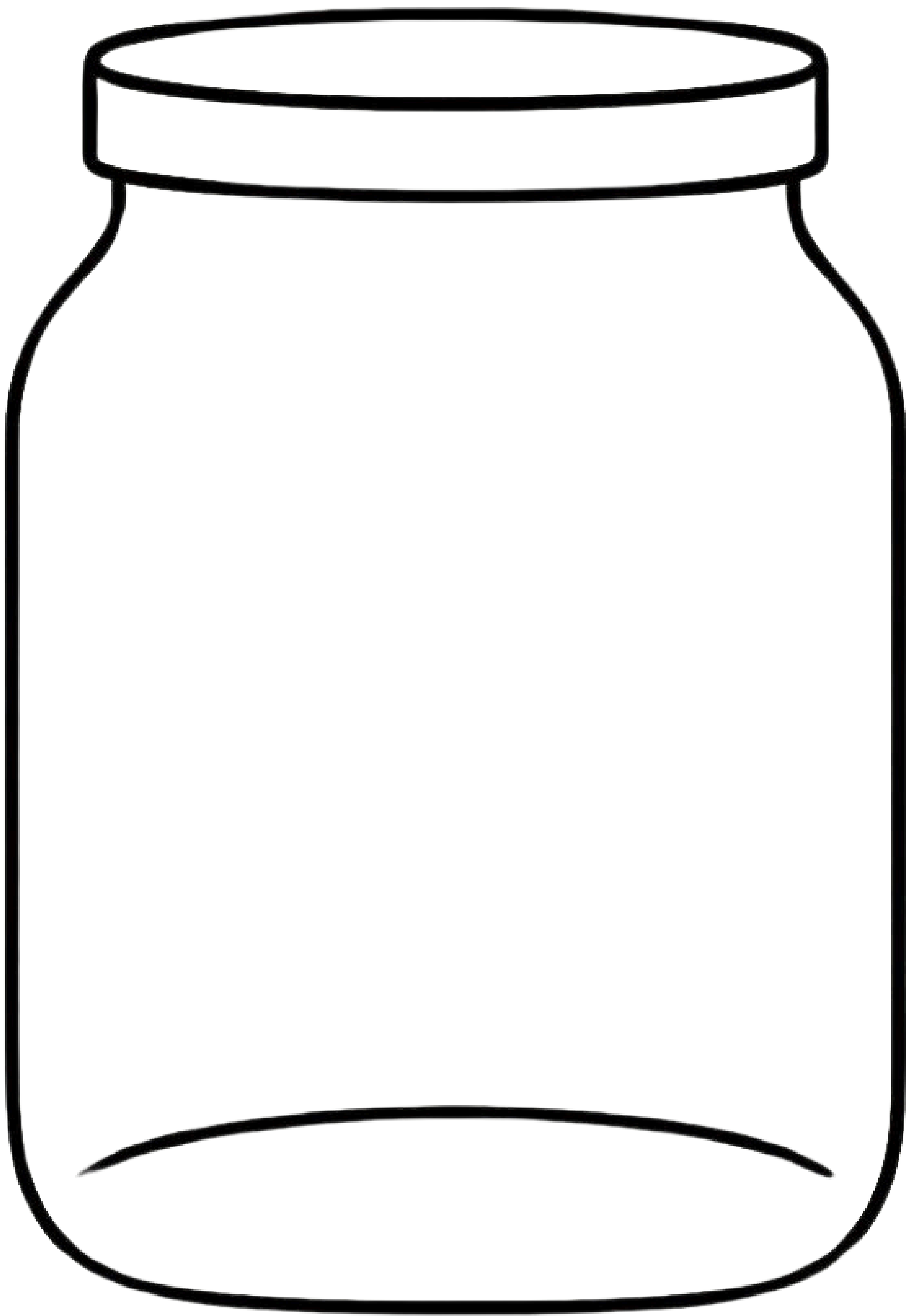


My Capacity Jar



How to Use the Capacity Jar Check-In Poster

What is the Capacity Jar?

A visual metaphor to help educators reflect on how “full” a child’s internal capacity might be—emotionally, mentally, or sensorily—throughout the day.



How to Use It

- Print and laminate the A3 poster
- Use a whiteboard marker to colour in the jar during key moments (e.g., morning, midday, afternoon)
- Use it with individual children or as a whole-class reflection
- Start conversations: “What might be filling *your jar* right now?”

Reminders for Educators

- Some children mask—calm doesn’t always mean empty
- This is a tool for reflection, not behaviour tracking
- Use it to notice patterns, validate experiences, and adjust support