

The “Observation Reflection Jar”



Here's a simple, one-time classroom or staff activity to bring this principle to life:

Goal: Strengthen observation and awareness of how children reveal their needs through action.

Materials:

- A small glass jar or box
- Slips of paper and pens
- A quiet observation space

How to Do It:

1. For one week, have teachers and assistants jot down brief notes each time they notice a child *showing a new interest or skill*. (e.g., “Eli poured water five times—perfect hand control!” or “Maria spent 20 minutes matching fabrics.”)
2. Fold and place each note in the “Observation Reflection Jar.”



3. At the end of the week, open the jar as a team and read a few observations aloud.

4. Discuss:

- What patterns do we see?
- What did the children's choices reveal about their needs?
- How might we adjust the environment next week based on what we observed?

This short, reflective activity helps educators *see the child anew*—and it can be done once a semester to refocus your team on observation as the foundation of following the child.

