

Make Your Own Fidgets

Fidgets are used to provide sensory stimulation to allow for increased focus. Fidgeting is mindless play that provides calm.

Every child will have different preferences and needs. This may change over time, so having a variety is helpful.

Homemade fidget ideas:

- Paper clip chains
- Pipe cleaners with beads attached to the top of a pencil
- Key chains, better if some have moving parts or different textures
- Fill balloons with rice, flour, playdough, beans or slime (ensure there are no latex allergies)
- Strip of sticky back Velcro inside or under a desk to rub and pick at
- Nuts and bolts
- Piece of pool noodle to squeeze
- Pipe cleaners wrapped into a loose ball
- Binder clips

