

Fidgets are tools

Fidgets can help students stay focused, reduce stress, and increase engagement. Fidgets also benefit those with sensory needs, allowing them to become more active participants in the classroom. Different fidgets provide different sensory feedback. Some fidget toys may help with keeping young minds focused during circle time and other tools may help older kids during classroom lectures.

The overall goal of classroom fidgets is to get the body and mind ready to learn. They are not meant to be distracting to the task or lesson.

Everyone's body and mind react differently to certain fidget tools. You need to learn what fidget tool works best for your student.

Fidgets for the hands and arms

- Squishy balls: Soft, squeezable toys that can provide stress relief and stimulate the senses. Nice for sensory seekers.
- Stress balls: Calming fidgets that are firm rubber balls that can help to relieve tension and frustration by squeezing it in the hand.
- Fidget spinner: Small three-pronged spinning toys. Fidget spinners provide sensory and visual stimulation for some people.
- Fidget cubes: Small cubes with buttons and switches of different shape, size, and texture that keep the fingers busy. Encourage fine motor skills too.
- Putty: Similar to play dough but provide more resistance. Also can include scents. Used as a sensory tool for tactile and olfactory stimulation. When students pull and stretch the putty in their fingers, it can be helpful or very distracting.
- Textured Rings: Wearable rings are made of various textures that can provide constant tactile sensory stimulation for fidgety hands.
- Koosh Balls: Soft, rubbery balls covered in thousands of tiny strings, providing tactile stimulation and calming effects.
- Squeeze Toys: Small hand-held toys can provide proprioceptive input, calming and sensory stimulation when squeezed.
- Fidget Pencil Toppers: Attachable tops for pencils, pens, and markers that can help relieve stress and anxiety while writing or drawing.
- Kneadable erasers: Calming fidgets that are low profile, quiet fidget tools for the classroom.

Fidgets for the legs and feet

- Foot/Leg Fidgets: Adjustable straps that attach to the bottom of the chair or desk legs to help provide stimulation for the legs and feet through the school day. Great to burn off excess energy.
- Balance Boards: Boards with a flat surface and a small roller underneath that provide feedback when the user shifts their weight back and forth.

- Wobble Cushions: Round cushions with an uneven bottom designed to give your feet something interesting to move around on.
- Foot Pedals: bicycle pedals that fit under the desk to stimulate the legs and feet
- Stability Ball: Sitting on a large ball to provide whole body stimulation.
- Different textured socks to provide tactile input

List of classroom fidgets for the head and neck

- Head Massagers: Gentle massagers for the head and neck
- Chewable Necklaces: Necklaces made from safe materials designed to be chewed on for calming oral motor stimulation.
- Fidget Pillows: Soft pillows with small bumps, pockets, and lumps for tactile stimulation.
- Fidget Necklaces: Necklaces made from various materials that can be spun, twisted, and manipulated for calming stimulation.
- Chewing gum
- Drinking from a water bottle through a straw
- Crunchy snacks
- Scented Chapstick

Is the fidget helping?	Is the fidget not helping?
<ul style="list-style-type: none"> • Increased ability to focus or participate • Shifting energy in a positive way • Helping with information processing • Improved attention • Increase ability to complete work 	<ul style="list-style-type: none"> • All of the attention is focused on the fidget • Using it increases the energy mismatch • It is distracting for others • Student feels it is not helpful

Keep using

Try a different one

