

## Make your own fidgets

Fidgets provide sensory stimulation to increase focus during seated learning tasks. Fidgeting is mindless play that provides calm.

If they are distracting for the student, then the timing of use may need to be re-evaluated. Different students will have different preferences and needs, which may change over time, so having a variety is helpful.

### Homemade fidgets

- 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

