

Fidgets

Fidgets are a tool to help students focus and learn.

Why do I use a fidget?

I have a busy body, the fidget lets me do something appropriate with my hands so I can listen to the teacher and focus at school.

How do I use a fidget?

It is something I can have in one or both hands. My hands can be on my lap or under my desk. I should not be looking at it and my fidget should not be distracting to my peers or myself.

If my fidget starts to give me more energy or distract me so I no longer hear what the teacher is saying or do my work, then I need to put it away and take some deep breathes.

Having fidgets is a privilege, if I am distracting others, or not doing work the teacher will take my fidget away. I may be able to earn it back later.




Teachers and occupational therapists (OTs) help decide which fidgets are ok to use at school.



Toys are something you play with and give your thoughts and attention to. Fidgets are something your hands use so your thoughts and attention can go to the teacher or my work.



Fidget rules

1. Fidget stays in your hands, in lap or under desk
2. No distracting others – no getting classmate's attention
3. Teacher can ask you to put away the fidget
4. During work, fidget in one hand or away




Fidget Rules



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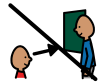

2.  

3.   **then**

Fidget Rules

1.   

2.  

3.   **then**