

# Sensory/Regulation: Foot fidgets



## What is it?

Foot fidgets are portable tools, like resistance bands or textured rollers, that provide discreet movement and sensory input. Ideal for classrooms or offices, they help improve focus and reduce restlessness for individuals with attention difficulties, anxiety, or sensory needs by channeling energy in a controlled, non-disruptive way.

## Why use it?

Foot fidgets in the classroom help students with attention difficulties, anxiety, or sensory needs channel energy discreetly, improving focus and engagement. They support diverse learning styles, enhance academic performance, and create an inclusive, comfortable environment that promotes attentiveness and well-being.

## How to use it?

To use foot fidgets effectively, introduce them as tools for managing energy and focus, demonstrating their proper, discreet use. Provide options like resistance bands, rollers, or cushions, and let students choose what works best. Place fidgets under desks or chairs for use during seated activities like reading, writing, or lectures.