

Sensory/Regulation: Tactile Fidgets



What is it?

Tactile fidgets are handheld tools, like stress balls or squishy toys, that provide sensory input to help regulate emotions, reduce anxiety, and improve focus. In classrooms, they offer a discreet way for students to manage energy and sensory needs while staying calm and engaged.

Why use it?

Using tactile fidgets in a classroom can significantly benefit students by providing a tangible and non-disruptive way to manage sensory needs and enhance concentration. These handheld objects offer sensory stimulation through touch and manipulation, which can help students regulate emotions, reduce anxiety, and maintain focus during lessons. Tactile fidgets provide a calming effect and can serve as a tool for self-regulation, allowing students to channel excess energy or alleviate stress without disrupting their learning or the classroom environment. By integrating tactile fidgets into classroom activities, educators support a variety of sensory preferences and promote inclusivity, creating a supportive learning environment where all students can thrive academically and socially.

How to use it?

To use tactile fidgets effectively in an inclusive classroom, introduce options like stress balls or fidget cubes and explain their purpose for managing sensory needs and improving focus. Allow students to choose what works for them, set clear guidelines for appropriate use, and ensure they are used discreetly to avoid distractions.