

Sensory Fidgets

Fidgeting helps some children to focus and absorb what they are learning in the classroom.

Here is an example of some sensory fidgets that we made:



Instructions to make fidgets:

1. Select 4-5 pieces of ribbon of different textures. Each piece should be about 6 inches long and not more than an inch wide.
2. Take the pieces of ribbon you selected together and make a knot in the centre of ribbon.
3. Knot all the other pieces of ribbon onto the first piece.
4. Continue to knot all the different pieces together until a clump has been formed.
5. Keep the ends of the ribbon at least 2 inches long to allow them to be played with.
6. Da-da! Fidgets are now ready to be used!

Fidget Pencils:

Make in the same way but use 2-3 pieces of ribbon and have shorter ends.

Be creative! Fidgets can be added to key rings, bracelets, water bottles, the list is endless. The only thing to keep in mind is that they should be fairly discreet so as not to be too distracting.

