

## Sensory Fidgets

These are small items that a student can manipulate quietly in their hands to satisfy sensory seeking needs. Fidgets have highly tactile qualities, or they have moving parts that are easy to manipulate and that are interesting. Fidgets are easy to play with, and they are not meant to provide cognitive or fine motor challenges. The goal of a fidget is to provide hand use and stimulation that is relaxing for the student. Fidgets can be useful to use with students who cannot sit quietly and listen during teacher talking times or assemblies at school. Fidgets can also be useful in a “classroom calm area”, where students go to reduce anxiety level and calm down for short periods of time, when over-stimulated in the classroom. When using a fidget in the classroom try to avoid fidgets that contain flashing lights, or noise-makers. Fidgets can be home made, bought in dollar stores, or purchased from special needs catalogues.

### Examples of Fidgets

- Theraputty.
- Rubber finger puppets
- Small rubber bendy toy animals
- Bracelets , necklaces or toy rings.
- Rubbery textured texture balls.
- Koosh balls.
- Hacky-sac balls.
- Groupings of ribbons tied into bows or knots.
- Stretchy items
- Use small heavy duty balloons, fill these with rice or barley and close up tightly .
- Various craft materials.