

Fidgets for the Classroom

Where and When?

Use fidgets during meeting or group times, in a quiet area or for specific lessons.

Why?

Fidgets help children regulate their nervous system. They give proprioceptive feedback allowing children to settle and are alerting to help children listen and focus.

Who?

Fidgets can be for everyone! Even you! Invite your whole class to use a fidget. If you set up rules and the students view them as part of your classroom, you will discover how helpful they can be.

How?

Have a basket of fidgets in your meeting area. Introduce the fidgets with a lesson explaining why you will be using the fidgets and have the children create rules for using them. You may want to add one if you need to. Also, decide on what will happen if a rule is broken. This way you set up exactly what is expected and can welcome everyone to use them.

Some Considerations

- Do you want them all to be the same to avoid arguments or different to invite variety?
- How durable are they? Can they be picked, pulled or otherwise destroyed?
- Make sure they are quiet to avoid distraction.
- How will you store them?

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