

---

# FIDGETS

---

## Eyas Landing & Blue Bird Day



### What are they?

Fidgets are becoming more popular and also more controversial. Fidgets are intended to provide children with small objects to occupy their hands when they are in school or required to sustain attention. The idea is that by providing some active movement, a child is better able to focus on a particular task. Fidgets can be anything from a small cube with buttons, silly putty, or a piece of fabric. Just like some people will click their pens or doodle to help pay attention, fidgets allow children who cannot stop moving the opportunity to move without being distracted.

### Why use them?

Fidgets are helpful for a handful of children who may need extra input in order to regulate their bodies and focus. It is important to emphasize to children that fidgets are not toys and are not for everybody. They are specific to each child's needs and should be used to help focus. Many school districts are beginning to ban fidgets because they are not being used as intended. However, fidgets can be highly beneficial to some children when appropriately provided. They allow sensory input, bring body awareness to the hand, and allow for increased attention. Talk to your therapist to help advocate for your child's needs if you think a fidget would be beneficial.

### Who can use them?

Children who are always on the move may benefit from fidgets. Keeping a hand "busy" may assist the child keep their mind open to learning. A fidget may be appropriate for a child who:

- Doodles a lot
- Is not able to sit still
- Seems to calm down when moving an object around in the hand



## Price

\$1-\$20

## Resources

OT Blog: 10 Simple Fidgets  
From the Dollar Store

[http://www.missjaimeot.com/  
10-simple-fidgets-from-the-  
dollar-store/](http://www.missjaimeot.com/10-simple-fidgets-from-the-dollar-store/)

Chicago Tribune: Schools ban  
fidget toys as classroom  
distraction

[http://  
www.chicagotribune.com/  
news/local/breaking/ct-fidget-  
toys-school-ban-  
met-20170429-story.html](http://www.chicagotribune.com/news/local/breaking/ct-fidget-toys-school-ban-met-20170429-story.html)

## Types of Fidgets

Many fidgets are on the market and easy to buy right now. The most common are spinners or fidget cubes but these are not the only types of fidgets. Sometimes a child may benefit from silly putty to fidget. They do not have to be expensive. The best fidgets are small, easy to hold in one hand, and matched to that individual child's needs.

