

Fidgets in the Classroom

Fidgets are learning tools!

When to use a fidget: You are having a hard time paying attention.
You need to calm your body or your mind.
You feel like you need to move your body.
You feel like you need to touch/hold something.

Where to use a fidget: In your hand
On your desk
In your pocket

How to use a fidget: Use your fingers/hands to~
Rub, Squeeze, Stretch, Move,
Pinch, Pull, Etc.

How to know if a fidget is the right one for you?

Is it helping you learn?

YES

Your eyes are focused on class activity.
You are doing your work.
You are listening to the teacher.
You are answering teachers question.

Keep using it

NO

You are distracting yourself / playing with fidget.
Your eyes are focused on the fidget.
You are distracting your classmates with fidget.
Fidget is not in hand or on the desk.

Put fidget away and use a different tool