

Fidgets are Tools NOT Toys

Fidgets are hand held items that can help **improve focus, regulate emotions, coordinate movements, and help reduce stress**. They help individuals with autism, ADHD, anxiety and other disabilities **successfully participate in activities and attend to tasks**. Fidgets are support tools.

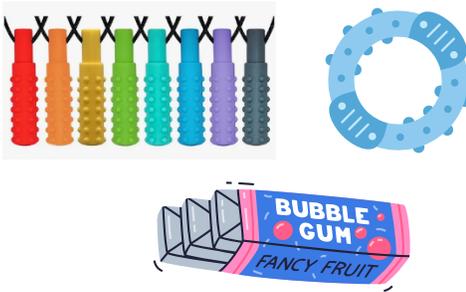
Calming



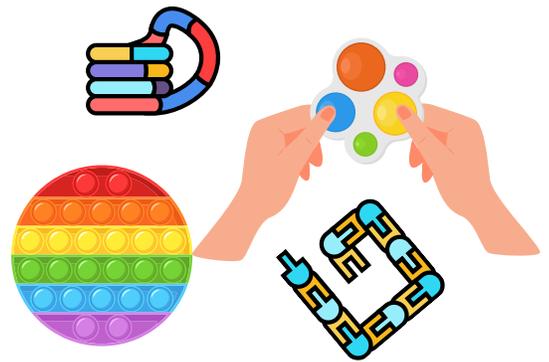
Tactile



Chewy



Alerting



When deciding which tool to use, students should consider, “Which will help me focus right now and help keep others focused too?” We suggest **creating a mutual agreement (or contract)** with rules for fidgets in the classroom.

Some example rules for fidget use at school:

Helps me focus | Does not distract/involve others | Does not leave my hands