

# Sensory or Fidget Tool Resources

## Allow Movement

Some children need to rock or move in order to focus or stay calm; allow this to happen! God put the wiggles there!

Every person's brain is different. Not right or wrong, just different. Some people have great difficulty with sight, touch, movement, etc. People with autism often struggle with sensory input. They may need to wear headphones, sunglasses or carry a small soother (Fidget), or flap their hands, called "stimming" to try to block out sights and sounds. Doing so helps control anxious feelings. Walking around, spinning in a chair or chewing on items can also be ways to calm themselves down.

## Fidget Tools

These are not toys, they are learning tools! Provide a variety of fidget tools in your office/church for use, but many students will bring their own, or use naturally available tools to seek sensory stimulation (ie. Pencil, eraser, etc.). As long as students are using these items appropriately, allow them to continue in the classroom.

\*\* Whatever tools you choose to use in the class, remember to explain them to the class in a way that makes all children comfortable. Explain that some people need eyeglasses to read, while others need highlighting.

## Possible types of Sensory/Fidget Tools

Examples include small containers of play dough, rosary beads, pencil, eraser, chewable pencil topper tubes, folding stereo headphones, sunglasses, fidget weighted lap pad, marble fidget, inflatable sensory chair cushion, handheld fidget, pull stretch and squeeze ball, bouncy bands for desks and chairs, desk fidget, clothes pin, velcro (rough or soft) placed under table or chair, etc.

Make an individual box for students who need the use of sensory/fidget tools. Place a note, such as the one below, inside of it. Maybe have a couple of extras made up for any students who may have some extra movement needs on any particular day. Be sure and clean/disinfect after each use.

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# Fidget Tool Expectations

A fidget tool is a small object to help keep your hands busy and your mind calm, so you can pay attention to your teacher. You can hold it in your hand, feel it and move it around while you are looking at your teacher. Only take a fidget tool if you need it.

- Fidget tools are TOOLS, not TOYS!
  - Tools help us do our job better. These tools should help you pay attention and keep your body calm so you do not distract others.
  - If a fidget tool is treated like a toy, then it is not the right tool for you. You will be asked to put it back and make another selection or put the tools away for the remainder of the class/event.
- Share the tools and take turns.
- When you are finished with your fidget tool, please put it back in the box. If fidget tools go missing or get broken, we will no longer be able to use them.

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