



made2move:therapy4kids

Fidget Frenzy

Definition:

- Focus booster for kids
- Objects touched or manipulated to stay focused, decrease excess energy or regulate sensory system

Benefit:

- Regulate sensory processing
- Improve memory recall
- Increase ability to focus

Guidelines:

- Allow 21 days to determine if fidget is beneficial (no wears off)
- Allow the fidget, but keep it from being disruptive to others

Fidget for the system

- Visual
 - Glitter wand
- Touch – see list of objects
 - Twirl hair
 - Rubber bracelet
- Oral
 - Chew gum
 - Refrigerator tubing
 - End of pen
- Auditory
 - Headphones with music
- Movement
 - Sit on ball and small bounce
 - Stand
 - Swivel in chair



FIDGET OBJECTS

- ☺ Pencil toppers
- ☺ Erasers
- ☺ Coiled telephone cord
- ☺ Finger puppets
- ☺ Relaxable balls
- ☺ Spiny balls
- ☺ Puzzles
- ☺ Rubberbands
- ☺ Paper clips
- ☺ straws
- ☺ glitter wand
- ☺ small balls
- ☺ paper fans
- ☺ theraband
- ☺ eye poppers
- ☺ plastic chains
- ☺ bendable figures
- ☺ gel animals
- ☺ finger traps/boinks
- ☺ tangle jr
- ☺ pen tops
- ☺ sucker balls

FIDGET CONTAINERS

- ☺ basket
- ☺ fanny pack
- ☺ storage container
- ☺ shoe box
- ☺ metal tins
- ☺ ziploc baggies

RESOURCES

Office playground www.officeplayground.com
 Therapy Shoppe 1 800 261 5590 www.TherapyShoppe.com
 Oriental Trading Company 800 875 8480 www.orientaltrading.com
 Dollar Store party section
 Walmart or Party City party favor section

Evidence Based Research:

Rappaport, Mark (2009). Kids with ADHD may learn better with Fidgeting. Time Magazine. March 2009
http://www.eurekaalert.org/pub_releases/2009-03/uocf-ush030909.php

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