



# Fidget Toys

## What are fidget toys?

Fidget toys are tools that help children and adults self-regulate, focus attention, and participate in active listening. Fidget toys can be different shapes, sizes and textures, and should be tailored to suit the needs of the individual. These tools provide individuals with sensory input and motor movement that allows them to remain calm, stay focused, and actively participate in educational or work activities.

## What kinds of things can be used as fidget toys?

Some companies have specifically marketed fidget toys, which include things like stress balls, bean bags, elastic bands, wiggle cushions, and pencil toppers. Common objects can also be used as fidget toys, such as silly putty, clay, Velcro strips, drinking straws (or other objects that are safe to chew on) and small objects that can be kept in an individual's pocket. Some children and adults may benefit from keeping a small notepad that they can doodle on throughout the day when they are listening to lessons or presentations. Others may also benefit from objects that apply deep pressure such as weighted vests, lap pads, gloves and socks.

## What are the best fidget toys?

When looking for a fidget toy, for either a child or an adult, choose objects that are simple, inexpensive, and not distracting to themselves or to others. Fidget toys should allow for motor movement and sensory input, but should not be so complex or distracting that the individual is unable to pay attention to the task at hand. When choosing fidget toys for young children, ensure that they are safe and do not have small parts that can be swallowed. Experiment with different fidget toys and switch fidget toys periodically to experience new forms of sensory input and motor movement. Be creative!





## Fidget toy resources

A blog about fidget toys:

[www.friendshipcircle.org/blog/2011/10/31/fidgets-what-are-they-and-how-can-they-help/?gclid=C1qB9PXi0LkCFWuCOgodaS0Aow](http://www.friendshipcircle.org/blog/2011/10/31/fidgets-what-are-they-and-how-can-they-help/?gclid=C1qB9PXi0LkCFWuCOgodaS0Aow)

Fidget toys in the classroom:

[www.teacherspayteachers.com/Product/45-Ideas-For-Classroom-Friendly-Fidget-Toys-312897](http://www.teacherspayteachers.com/Product/45-Ideas-For-Classroom-Friendly-Fidget-Toys-312897) – PDF download for 45 Ideas for Classroom Friendly Fidget Toys.

Where to buy fidget toys:

[www.toolsforkids.ca/product\\_categories/fidgets](http://www.toolsforkids.ca/product_categories/fidgets) – a variety of fidget toys for teachers and parents.

[www.teachers.scholarschoice.ca](http://www.teachers.scholarschoice.ca) – has several items that teachers can use in the classroom.

[www.fitter1.com](http://www.fitter1.com) – has a variety of options for sitting and desk work.

[www.schoolspecialty.com](http://www.schoolspecialty.com) – use the Search box to do a search for Fidget Toys.