**Fidget Tools**

Some students need to move in order to focus their attention and fiddling with an object can be a great way to provide some movement. In order for a fidget tool to be used successfully, it needs to

* Be unnoticeable to others = quiet and in your own bubble
* Be unnoticeable to you = mindless

**Use them intermittently -** Students can often become desensitized to the sensory benefits of an object, so use it for short periods at times when concentration is most needed and swap between tools over the course of the day.

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| ClothespinSee the source image | Worry StonesWorry Stone by GeoCentral  | Stress Ballshttps://thechaosandtheclutter.com/wp-content/uploads/2012/08/P1020215-233x300.jpg\*fill helium quality balloons with flour using a paper funnel | Nut and BoltSee the source image |
| Thinking PuttySee the source image | Colour by NumbersSee the source image | Loop of StringSee the source image | Ziggy Pasta BallsZiggy Pasta Ball[www.flaghouse.ca](http://www.flaghouse.ca)  |
| Crystal Squeeze BeadballCrystal Squeeze Beadballwww.flaghouse.ca | Desk BuddyDesk Buddy[www.flaghouse.ca](http://www.flaghouse.ca) | Feet Fidgetshttps://images-na.ssl-images-amazon.com/images/I/61AkolSGTAL._AC_SL1060_.jpgAmazon.ca (Sakolla Chair Fidget Bands for Kids) | Feet Fidgets See the source imageSee the source image |
| Velcro Fidget Strips™ (for under desks and chairs) | 450+ Fun ...Velcro on underside of deskAnemone Desk Fidget SetStick a shaggy material/mop head to the velcro | Begleri –fidget beadsBegleri-The Graduate, Fidget Beads, Begleri Toy, Fidget Toy, Worry ...BEGLERI GOD - Begleri Beads - Fidget Spinner EDC Hand Machined Pocket Toy - Anti-Anxiety Finger Toy, Great Gift for ADHD, ADD and Autism Adult Kids (Varying Colors)Amazon.ca | Edemame Fidgethttps://images-na.ssl-images-amazon.com/images/I/61jDxK-YcEL._AC_SL1200_.jpgAmazon.ca | Marble Fidgethttps://images-na.ssl-images-amazon.com/images/I/91tpk-jGIGL._AC_SL1500_.jpgAmazon.ca | Fidget for your Digithttps://images-na.ssl-images-amazon.com/images/I/81hHjqQ2-dL._AC_SL1500_.jpgAmazon.ca |

**Thinking Putty Recipe**

Measure ¼ cup of white glue into a bowl

Add food colouring to get your desired colour

Mix up borax solution = 1/4teaspoon of borax to 1/4cup of warm water and stir until thoroughly mixed

Add borax solution to glue and stir – it will come together almost immediately

When it becomes too difficult to stir, take out with hands and knead

Knead until smooth

Store in an airtight container