



Classroom Fidget Ideas

It is a good idea to remind students that fidgets are to assist their learning, if they become a distraction, they can be taken away for another day.

Any item may be used as a fidget, so a trip to the store is not always necessary.

Here are a few ideas:

- * Allow students to roll a pencil or eraser in their hands.**
- * Allow students to use their student ID.**
- * Place an inch of Velcro on the back of their ID card or desk edge that they can touch.**
- * Allow the student to have a coin, marble, or smooth stone to hold or rub.**
- * Allow the student to have a soft stuffed animal kept in their backpack that they can reach in and touch briefly.**
- * Allow a student to wear a bracelet with beads or made of rubber for them to touch.**
- * Allow the student to twirl their hair.**
- * Allow the student to tap their feet, wiggle their foot, drum their fingers as long as it is not distracting others.**
- * Use a piece of double-sided tape on their desk edge for them to touch.**
- * You may allow students to stand at a designated area at the back of the class if listening or watching the teacher.**
- * Clothing with snap, zipper, or elastic elements that child can touch for calmness.**