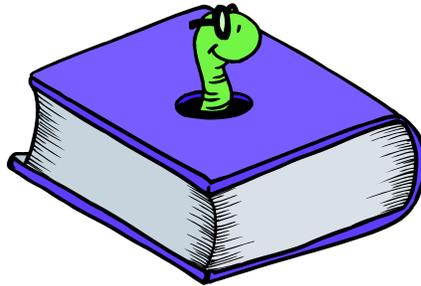


Fidget and Wiggle Classroom Coping Kit

Are you dreaming of a quiet, still classroom.....



But instead have a bunch of wiggle worms?



Have a student or more that are fidgeting and wiggling but you aren't giggling?



Or might you have someone who needs to move to stay awake?

Here is a do-it-yourself kit to address such issues.

The kit includes

1. Fidgets – small things (often referred to as toys) that one can fidget with during class. How does it work? While some people are distracted by fidgeting, others find it calming. It can allow some students to get that energy out with their hands, leaving their brains free for important tasks such as learning.
2. Wiggle cushions – air filled cushions placed on the chair's seat. How does it work? Some bodies can stay still while learning. Others need movement. Remember the last time you drove long distance and got sleepy? Did you wiggle in the seat to stay awake behind the wheel. The movement may get out energy or wake up a body. Either way, it can allow the brain to learn.
3. Stretchy band – stretchy elastic bands tied to the front legs of a desk. How does it work? Some students need to burn the energy by exercising their legs. Other students need the exercise to help them know where their body is in space. Either way, it frees up their brains for learning.

How to obtain a kit:

1. Find or purchase a small box for fidgets.
2. Check out Abilitations (<http://www.abilitations.com>) or Southpaw (<http://www.southpawenterprises.com>), Pocket Full of Therapy (<http://www.pfot.com>) or Therapy Shoppe (<http://www.therapyshoppe.com/therapy/>)
3. Order the fidgets of your choice.
4. Once order arrives, place fidgets in a box.
5. Allow students to use fidgets when working
6. Check out Abilitations (<http://www.abilitations.com>), Pocket Full of Therapy (<http://www.pfot.com>) or Therapy Shoppe (<http://www.therapyshoppe.com/therapy/>) and order the cushions that you may want. Cushions tend to come in 13 or 15 inch sizes. Either will work. Younger grades tend to use 13 inch cushions and older grades tend to prefer 15 inch. Measure the chairs in your room to determine which size may be more appropriate.
7. Check out Best Priced Products (<http://www.BPP2.com>) for their Cando Latex Free Low Powder band or Abilitation (<http://www.abilitations.com>) for their Cando No-Latex band.
8. Approximately 2 yards of band is needed. You may choose to order a 50 yard box to be shared between a grade level or more.
9. To use band, tie a length of band around the legs of the student's desk. This works best if there is a bar or something to hold the band up. Otherwise, it slides to the floor.

If you have questions about what to order, feel free to consult with your building's PT or OT. If you have further questions about what classroom strategies may help, feel free to consult with your buildings OT or PT. (Oct 2008, updated 3/8/2010)