

# My Fidget Tools Help Me Focus



## Fidget Spinner



➔ I use this to calm down and focus on the lesson when I feel restless.

## Stress Ball



➔ I squeeze this to release stress and relax my hands quietly.

## Tangles

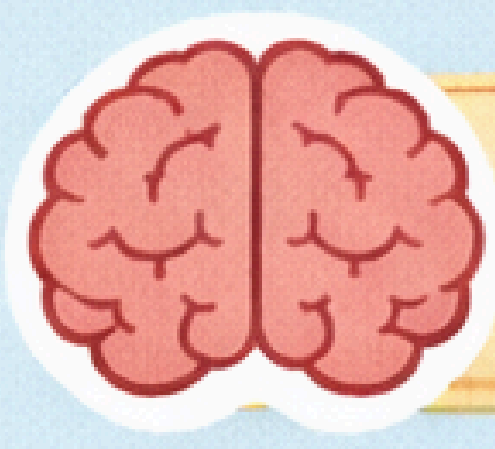


➔ I twist and turn this to stay calm and keep my hands busy.

## Marble Fidget



➔ I slide and squeeze the marble in this to stay calm and busy.



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## Fidget Cube



➔ I click, spin, and slide this to help me think and stay calm.

## Spinner Rings



➔ I spin these to stay calm and keep my fingers busy.

## Pop It

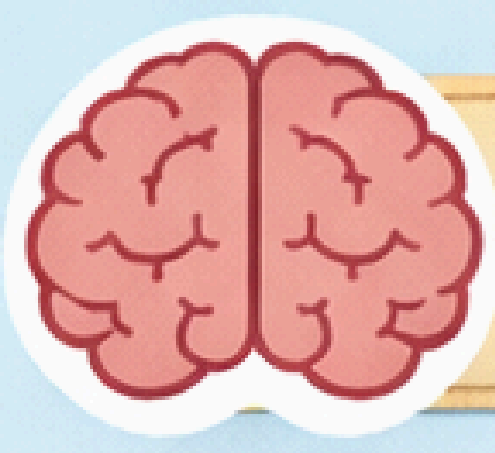


➔ I pop the bubbles on this to relax and focus my mind.

## Squishy Toys



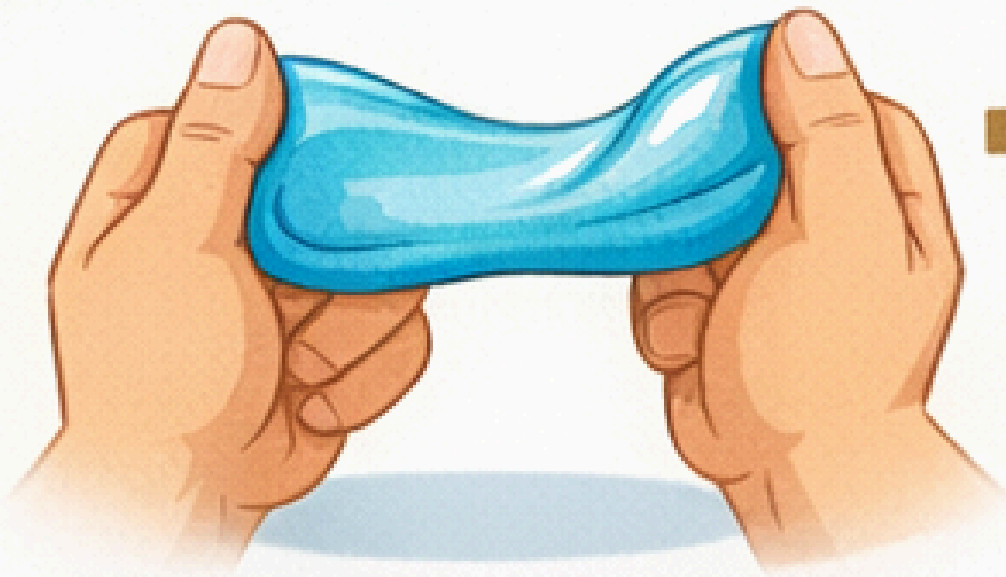
➔ I squeeze these softly to relax and improve my focus.



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## Putty



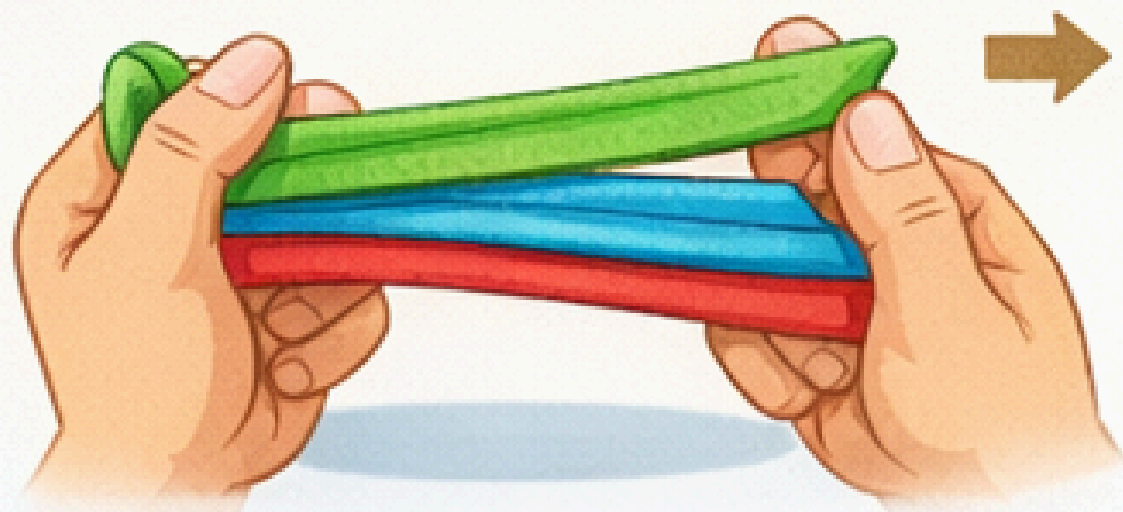
➔ I stretch, squeeze, and mold this to stay calm and focus my mind.

## Textured Keychain



➔ I fidget with this keychain to relax my hands and stay focused.

## Stretchy Bands



➔ I pull and stretch these bands to stay calm and keep my hands busy.

## Using Fidget Tools

- ✓ I use my fidget tools **quietly**.
- ✓ I keep them to myself.
- ✓ They help me focus and stay calm in class.