

WHAT IS A FIDGET?

Sometimes I use a fidget to help me focus and stay calm. It's important to know if the fidget I choose is helpful for me.



A fidget should be a tool and not a toy. It should be small, quiet and help my brain stay focused.

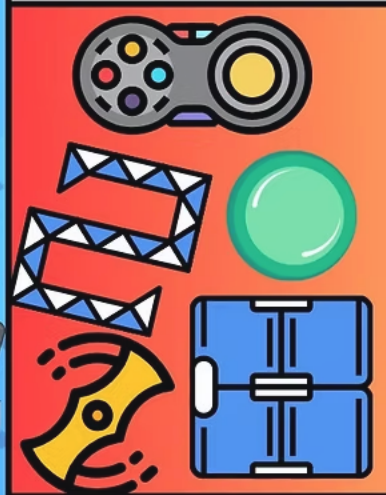
SMALL



I will know my fidget is a match if I can get my schoolwork done while I use it.



If I find a fidget that is not a good match, I can work with my teachers to find something different.



It's nice that my fidget can make me feel more comfortable and calm at school. It's great that having a fidget can help me do my best in school.

