

Classroom Support Learning Tools



Everyone learns differently. It is okay to use tools to support learning. These are tools, not toys.

- I can choose one fidget to use at a time.
- I can hold my fidget in my hands or on my desk.
- I am still listening and engaged when using a fidget.
- I follow classroom expectations and teacher directions while using a fidget.
- If I need to put the fidget down to complete my work, I can pick it back up whenever I need it.
- If a fidget isn't enough to help me engage in learning, I can take a break and return when I am ready.

Classroom Support

Comments to destigmatise stimming and fidgeting



"When I fidget it helps me concentrate"

Model fidgeting in the way you would like your students to fidget

"I'm feeling a bit (insert emotion) I'm going to pick a fidget to help me concentrate"

"Everyone learns differently"

"Some people need to be moving to learn, that is okay"