



## Are You a Closet Fidgeter?

Do you twirl your hair when you are reading? Play with pen lids when you are trying to listen? Do you doodle when you are on the phone?

You may be unconsciously using “fidget toys” as a strategy to help organize yourself to pay attention in much the same way that we frequently use fidget toys to help our children to attend at school.

Playing with small items while involved in other activities may not necessarily be distracting. The purpose of fidget toys is to prevent distraction by other stimuli that will pull the child’s attention away from the activity that we wish the child to attend to. Hand fidgets may also help to relieve stress, promote concentration and may facilitate eye contact. Good fidgets for attending allow for simple “mindless” exploration. By “mindless”, we mean that the fidget does not require active attention - you don’t really think about the pen cap you are fiddling with while you are on the phone! Fidget toys are usually small, unobtrusive to those around us, motivating, and silent.

Some things that could be used as fidget toys:

- Squeeze toys
- Silly Putty™
- Hand held massager
- Toys with “sticky” textures
- Slinky™
- Bean bags
- Small figurines/action figures/vehicles

Fidget toys can be great to help you sit still and listen - no matter how old you are!

