

Fidgets help me to focus while in school.

They are good tools for me to use, after I finish my work.

There are different ways to use fidgets; appropriate for school and not.

An appropriate way to use a fidget is to hold it in my hand and squeeze.

Another appropriate way to use a fidget is to rub it with my hand.

I should not be making my fidget fly, swim, jump or talk; that would be playing with my fidget and I know that is not what fidgets are for.

If I do this with my fidget it is not helping me to focus, but instead turning into a distraction for me and my classmates.

Two good fidgets that I have that are easy to use appropriately, and hard to play with are the Velcro on my desk and the rubber band around my chair.

Fidgets are used to help me focus in school.

I need to make sure that I am using them appropriately so that I am learning and completing my work.

Using my fidget appropriately, learning and completing my work are all things that will make my teachers and parents proud of me!