

Objective

By the end of this lesson, the student will create a personalized fidget board using available materials. They will learn about sensory tools, how to engage their creativity, and the importance of focusing on textures and movements that can help with concentration and relaxation.

Materials and Prep

- Cardboard or a sturdy piece of paper
- Various household items (buttons, rubber bands, fabric scraps, bottle caps, etc.)
- Glue or tape
- Scissors (with adult supervision)
- Markers or paint for decoration

Before the lesson, gather all the materials and ensure they are safe to use. Discuss with the student what types of textures and movements they enjoy, which can help guide their design choices.

Activities

- **Design Your Fidget Board:**

Start by brainstorming ideas for the fidget board. The student can sketch their design on paper, deciding which textures and items they want to include. Encourage them to think creatively about how each item can provide sensory feedback.

- **Assemble the Board:**

Using the cardboard as a base, the student will attach the chosen items using glue or tape. They can arrange the items in a way that is visually appealing and functional, ensuring that each item serves a purpose for fidgeting.

- **Decorate Your Board:**

Once the items are attached, the student can use markers or paint to decorate the board. This is a great opportunity for them to express their personality and style, making the board truly unique.

- **Test and Share:**

After completing the fidget board, the student can test it out to see how well it helps them focus or relax. They can also share their creation with family members, explaining the purpose of each item and how it helps them.

Talking Points

- "What do you think a fidget board is? It's a tool that helps us focus by giving our hands something to do!"
- "Why do you think different textures are important? Different textures can feel good and help us calm down or concentrate!"
- "How can we use everyday items for our fidget board? Look around your home; you might find things like buttons or rubber bands that could work!"
- "What do you want to include on your board? Think about what you enjoy fidgeting with and how it makes you feel!"
- "How does creating something with your hands help you? It's fun and can make you feel

accomplished!"

- "What colors or designs do you want to use? Decorating your board can make it more personal and exciting!"
- "How do you feel when you use your fidget board? It's important to notice how it helps you focus or relax!"
- "Can you think of other ways to use your fidget board? It could be a great tool for studying or during stressful times!"
- "Why is it important to share your creation? Sharing helps others understand how it works and can inspire them to make their own!"
- "What was the most fun part of making your fidget board? Reflecting on the process can help you appreciate your creativity!"
- "How can you improve your fidget board in the future? There's always room for creativity and improvement!"
- "What did you learn about yourself while creating this? Making something can help you discover new interests!"