Instructions

Welcome! You're going to create your very own fidget board, a fun project that can help you focus and manage stress. Follow the steps below!

Materials Needed:

- A sturdy piece of cardboard or a small wooden board (about the size of a notebook)
- Various fidget items (e.g., buttons, zippers, rubber bands, beads, wheels, and other small gadgets)
- Glue or a hot glue gun
- Scissors (for cutting any items if needed)
- Markers or paint for decoration
- Any additional craft materials (e.g., stickers, fabric, foam shapes)

Steps to Create Your Fidget Board:

1. **Plan Your Design:** Before you start gluing anything down, take a moment to plan how you want your fidget board to look. Draw a rough sketch if you like.
2. **Prepare Your Base:** If you are using cardboard, make sure it's sturdy enough to hold your items.
3. **Arrange Your Items:** Lay out your fidget items on the board without gluing them down. Try different arrangements until you find one you like.
4. **Glue Your Items:** Once you're happy with the layout, start gluing each item to the board, one by one. Be careful to let the glue dry completely.
5. **Decorate:** Use markers, paint, or stickers to personalize your board. Make it colorful and fun!
6. **Test It Out:** Once everything is dry, play with your fidget board! See how each item works and find out which ones you like the most.
7. **Reflect:** Write down or think about how using the fidget board makes you feel. Does it help you focus or calm down?

Extra Challenge:

Try to create a section on your fidget board that encourages you to take deep breaths or focus. You can add words or phrases that remind you to relax.

Cleanup:

Don't forget to clean up your workspace after you're finished. Put away any leftover materials and dispose of any waste properly.

Have Fun!

Enjoy your time creating your fidget board, and remember to take breaks as needed!