

## Top 5 Fidgets (That You Can Find at the Dollar Store)

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Fidgets are becoming increasingly popular to use in the classroom and beyond. However, I have noticed kids respond to each fidget they use differently by becoming either:



*Calm*



*Zoned Out*



*Hyper*

So I went on a mission, to find the best, and most calming fidgets to use with my kiddos. After searching high and low, and trying out many, many different fidgets, I have finally compiled this list of my top 5 favorites! They are all affordable, and can be found at your local dollar store! I hope some of them become your favorites too.

### 1. Kinetic Sand



Kinetic Sand is soft and holds its shape when molded. It has a few different names at dollar stores like: "space sand," "moon sand" etc... Some kits also come with molds for building!

I typically store it in a shallow, sealable container. This way a child can build inside of the container itself, making it less messy and transportable.

As well as being generally calming, I found playing with the sand helped kids listen and concentrate during discussions / learning.

## 2. Soft / Squishy Stress Balls

The dollar store often has different “bounce balls” / “stress balls” that have a soft almost playdough texture

These are great because they are soft and comforting to squish and mold, but also quiet and mess-free

One downside is I find they can wear down quickly, so if I find a type I like I typically buy several at time.



## 3. Anything Soft and Fuzzy



I think we have all discovered how comforting a stuffed animal can be. Why not take something similar with you!

With a little creativity you can find many smaller items which have a similar feeling. Smaller items are especially great because they can be kept in a pocket or bag. This way they can be taken out, and easily accessed as needed.

Here are some example items found at my local dollar store, they include: keychains, scrunchies, pom-poms gloves and large pipe cleaners. Small stuffed animals are also easy to find and another good option.

## 4. Modeling Clay / Playdough

Different slimes / putties are available in most dollar stores. Although popular, I have found them to be messy and distracting for kids

Modeling clay is a great alternative which also encourages creativity. With clay kids can build *something*, vs. mindlessly squishing / stretching it

Clay can also be used intentionally for learning and emotional processing. The child can create things related to a learning task / discussion. These objects can also be used for play / acting different related themes, or as a final product.



## 5. Art Supplies



Although not technically a “fidget” art supplies can be used in similarly to help engage and regulate kids’ emotions.

Allowing kids to doodle / draw while listening helps them track what is being said, and creates ‘visual notes’ they can look at later

Art supplies can be used in other creative ways such as: using washable markers to draw tattoos or using dry erase markers on windows

I have also found art to be a better way of helping kids express or process their feelings than talking. This has been especially true of more tactile mediums like painting or clay.

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