



## Kids Care: Fidgets and Resources

Fidgets and resources should be divided into two storage boxes at each campus - 1 in KOD and 1 in ELEV. Please keep the boxes neat and the contents cleaned and cared for. Click on any of the images below and follow the link to the correct webpage. Please fill out a purchase request form, should you need more fidgets or resources. These fidgets fall into 5 different categories for any given need or function: alerting/attention/focus, calming, chewing, tactile stimulation, and resistive & heavy input.

### Alerting/Attention/Focus

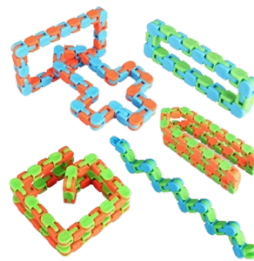
Some kids need a bit of stimulation to help them focus. A little noise, color, or light in a fidget may help with their ability to focus. Alerting fidgets can help your child with focus and attention, as well as give them a positive way to release energy and need to move.



**Time Timers**



**Visual Schedules**



**Wacky Tracks**



**Tangle Jr.**

### Calming:

Calming fidgets are generally quiet and engage a kid with sight, touch, or a combination of both.

These fidgets provide:

- a calm way to release energy
- help to calm them from sensory overload
- help to focus and attend
- help to calm thoughts and emotions that may be developing into a stressful situation



**Calming Bottles**



**Dry Erase Board & Markers**



**Headphones**



**Silly Putty**



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## Calming cont.



**Squeeze and release balls**



**Coloring**



**Sunglasses**

## Chewing

Some kids like to chew on toys and other items to help them focus or calm themselves. Chewing is a very common way for a child to calm, focus, and self-regulate - especially for those on the autism spectrum and/or sensory processing and integration needs.

Many parents of kids that have sensory processing and integration needs are concerned about the constant chewing on clothing, furniture, their hair, fingers, and toes - as well as concern for damage to their kid's teeth. One of the easiest first things to do is to give your kid something else to chew on which is designed for the "chewer" and is also child-safe and child-friendly. Any resources needed for a child to chew will be purchased for that child specifically.

**Tip:** If a kid uses a fidget for chewing, be sure to clean it well after each use. Place the clean fidget into a Ziploc bag with the child's name on it and place it in a location where the child can access it next time they are at church.



## Resistive & Heavy Input

Some kids want more than just touch-and-feel textured items. For kids who want to push and pull or need heavier pressure stimulation, they may need fidget items that provide a heavier more resistive sensory feeling. This input will help them achieve a level of calm and sensory organization in their world.

**Bilibo Seat**



**Sit Disk**



**Weighted Lap Pad**





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## Tactile Stimulation

Many kids with sensory processing disorders crave touch and tactile experiences. Tactile fidgets give some kids what they need to help them focus, use energy in a positive way, and help them calm themselves during stressful times. Tactile stimulation may be to hands, body, head, feet, or mouth - every kid is different!



**Koosh Balls**



**Stretch Strings**



**Stretch Balls**



**Marble Fidgets**

## Buddy Bags

Buddy Bags are available for use in Kids Ministries. They are blue, drawstring bags with the Eagle Brook logo. Kids Care volunteers should gather fidgets/resources beneficial for a particular kiddo and place them in the Buddy Bag to be used during service.



**Buddy Bags**

## iPads

Each campus should have two iPads specifically designated for Kids Care (1 for KOD and 1 for ELEV.) There are 7 categories of apps added to each iPad: Bible Activities, Books, Calming, Coloring, Games, Music, Sensory Calm, and Social Skills. In addition, the Clock and Notes applications are loaded on the front page. Use the Clock feature as a time-timer and the Notes app to document likes/strengths and things that worked or didn't work for a kid. The Eagle Brook app is also loaded on the main page so that kids can watch the Kids Ministries media! These should be cleaned after each use and returned to the charger, ready to be used by the next kid and volunteer. Any extra iPads will need to be ordered through IT.





## Kids Care: Fidgets and Resources

Let's talk about FIDGETS!

When I say fidgets, you may have a visual of the fidget spinner or fidget cubes that have been so popular. Or maybe you think of the pop-its that come in all shapes and sizes now!

In kids ministries, we have a variety of fidgets available for kids who may benefit from them.

Here are some tips and tricks on their use.

First,

What sets a fidget apart from a toy is that a fidget has a job.

A fidget helps with self-regulation - the ability to calm, focus, relax, and maintain attention on instruction.

A fidget can complete its job by providing a kid with stimulus, calm and busy fingers and giving a kid something to do while their mind focuses on the task at hand.

The goal of a fidget is to occupy hands, not necessarily the mind. With that in mind, fidgets should be individual to a kid and not passed between kids or tossed around. They should be non-distracting.

While it is normal for a kid to look at what is in their hands, their mind should be engaged on the lesson or activity.

If it is clear that the fidget is distracting the child or the child's peers, it's possible that that fidget is not a good one or not the right fit for them.

Some examples of distracting use might be: the fidget is out of the kids' hands, being thrown around, throwing at or hitting their neighbor with it. Or the kid is chatty, wondering or moving about the room, and not engaged with the lesson or activity.

If you feel a kid would benefit from a fidget, you'll find them in our Kid-O-Deo and Elevate spaces.

We do ask that an adult be the one to offer a fidget. Not just something that a kid grabs.

To that end, if a kid grabs a fidget without permission, offer a toy in its place.

Feel confident and empowered to try a fidget with a kiddo! It is OK to offer a fidget to any kid who could benefit from its use, not just our friends in Kids Care.



## Kids Care: Fidgets and Resources

Show them how you expect it to be used before handing it over and then observe, to be sure it's being handled correctly.

To recap. . .

- The purpose of a fidget is to keep hands busy so that their mind can focus on the lesson/task at hand.
- Show kids how you expect a fidget to be used.
- Observe to be sure it's being handled correctly!
- If a fidget is not working, offer something else as an alternative.
- Avoid negative or shameful tones or language. If the fidget is distracting or not working, simply move on to another fidget until you find something that is successful!
- And finally, be sure to clean fidgets and return them to their location after use. Toss fidgets that are worn or torn.