

MOVE

Movement, big or small, releases energy which can help to calm our bodies.

Moving your whole body, like taking a walk, stretching, dancing, or playing sports releases stress and gets your brain and body working together.

Small movements, like using a fidget toy or wiggling your toes, can release extra energy and may help you to feel more relaxed and focused.

Paperclip Snake Fidget

Notice how the paperclip 'snake' feels and moves in your hands as you make it wiggle, crawl, and move around.

You can clip this paperclip chain to your bag, backpack, or anything else you carry with you through the day. Use it anytime you need a little fidget break.

Make it!

Paperclip Snake Fidget



You'll need:

- Paperclips (3 or more)
- Beads (optional)
- Googly eyes (optional)

To make your paperclip snake fidget:

1. (Optional) Thread beads onto your paperclips.
2. Link paperclips together.
3. (Optional) Use glue or hot glue to add googly eyes.



Bead Ring Fidget

Move and spin the rings around your fingers as you take deep, gentle breaths.

Move your fingers along each bead, one by one. As you feel each bead, repeat a positive thought to yourself, like "I am calm and safe."

Make it!

Bead Ring Fidget

You'll need:

- Split keychain rings or binder rings
- Beads (with bead opening large enough to fit onto ring)

To make your bead ring fidget:

1. Open the ring (if using a split keychain ring you may need to carefully pry the ring open with a small coin or pliers).
2. Thread beads onto to ring.
3. (Optional) Link two or more rings together.

