



Fidget rules

- A fidget is used to help you focus or calm when other strategies aren't working.
- You need to be listening to the person talking and looking at anything they are explaining or demonstrating.
- It is kept in your hands and out of sight as much as possible to avoid being a distraction to other people.
- It is used quietly and in a safe manner.
- It is kept in a safe place and not taken outside or shared with other people.
- If the rules are not followed, the fidget may be taken away.