

Fidgeting



Social Story



Sometimes my hands, fingers, and feet need to wiggle and move. Or sometimes my whole body just needs to wiggle and move.



Sometimes I might feel the need to chew or bite things.



These small movements are called fidgeting. Fidgeting may happen when I am feeling bored, nervous, and/or worried. Or I might fidget simply because I need more movement.



**I NEED A
BODY BREAK.**

There are lots of things I can do when I start fidgeting. One thing I can do is ask for a body break by saying, "I need a body break." A body break allows me to get some extra movement in and can be anything like swinging, jumping jacks, or riding a bike.



I can also use a fidget toy or tool when I feel the need to fidget. I might use a chewable necklace, squeeze a stress ball, or spin a fidget spinner, for example.



I can also fidget by tapping my pencil, tapping my foot, twisting a pipe cleaner, or popping bubble wrap. There are lots of different things I can do instead of using a fidget toy.



Using a fidget toy or tool is helpful for me because it can increase my focus and concentration. It can also calm my body and reduce anxiety. It can help me feel good.



It's important to remember that my fidget is designed to keep my feet, mouth, or hands busy and that I should keep my fidget to myself. My fidget should not be a distraction to myself or others.



When my body needs to move, I will use one of my fidgeting strategies to help me regulate my body.