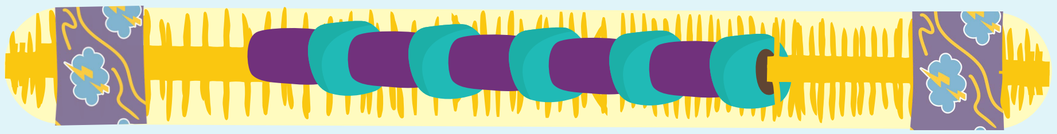
Make your own

Desk fidget Tool



This Desk Fidget Tool can be used to hold, fidget with, and refocus attention to create calm.

It is great to use for

focus

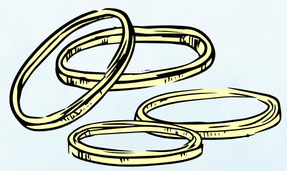
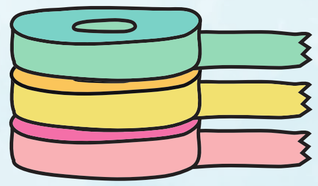
calming

grounding

distraction

Materials and equipment

Each student needs:

- Craft stick
- Pipe cleaner
- 6-10 beads
- 2 rubber bands 
- Coloured tape 
- Scissors

Steps

1. Cut your pipe cleaner so it is roughly 6cm longer than your craft stick.

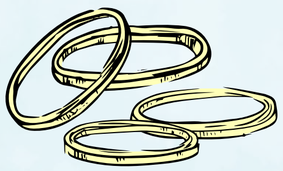
2. Slide 6-10 beads onto the pipe cleaner.

3. Lay your pipe cleaner along the craft stick.

Steps

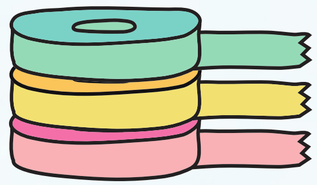
4 Bend both ends of the pipe cleaner over the reverse side of the craft stick (roughly 3cm of pipe cleaner on either end of the reverse side.)

5 Secure each end with a rubber band.



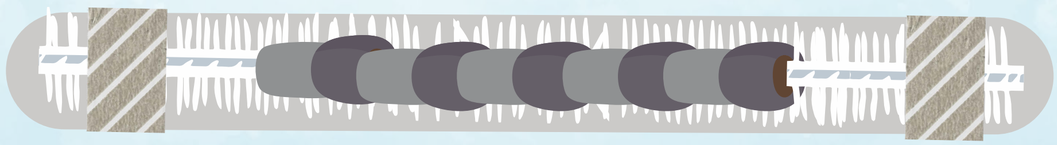
Steps

6 Wrap a piece of tape around each rubber band.



7 Use one long strip of tape to stick the ends of the pipe cleaner to the back side of the craft stick.

Notes

Additional notes/considerations:

- Test the tape before the lesson. Some decorative tapes are not sticky enough and will fall off.