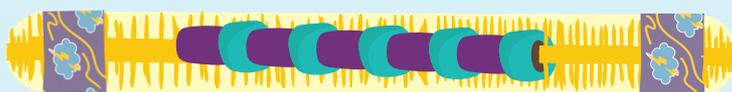


Stage One

Desk fidget Tool

Teacher Guide



Desk Fidget Tool Teacher Guide

Uses & Benefits

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 and distraction.

Materials & Equipment

Each student needs:

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

How to make

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.
4. Secure each end with a rubber band.
5. 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.)
6. Use one long strip of tape to stick the ends of the pipe cleaner to the back side of the craft stick.
7. Wrap a piece of tape around each rubber band.

Additional notes/considerations:

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