

Favorite Fidget Toys

Fidgeting: It's not a problem, it's a solution!
What's your favorite fidget toy?



Goopy stress ball!

—Jenni

I'm nearly 28 and this still works for me. As I do most of my work in my bedroom, I don't wear socks or shoes. A few years ago I stored two two-pound textured, rubber weights underneath my desk. I've found that I focus the best when I'm doing something with the weights and my feet while completing my tasks. For example: Rolling the weights under my feet, grabbing the weights with my toes and rolling them between, twirling them between my two feet or balancing my feet on top of them. I also do that when I'm reading articles or watching TV.

—Christine

I fidget with my lipgloss tube, turning it over and over with my fingers.

—Kristi

My son's teacher said he could have a water bottle at his desk, then complained he "plays" with it too much!

—Nadeen

I fidget with the apps on my phone.

—Daniel



First my daughter's fidget toys were taken away. Then she got in trouble for playing with pencils and tapping her foot. Next she started rocking in her seat, something she had previously done only at home. I was asked to try to discourage the rocking. I laughed and said, "You're on your own." My daughter isn't willing to try any more fidget items because of all this. I told her to tuck the opposite foot so she could move her tapping foot without it touching the floor.

—Sonya

Fidget toys are great. I just discovered them a few months ago for my fourteen-year-old. They have worked wonders! I wish he'd had them years ago.

—Wendy

Silly Putty is our go-to.

—Stacy

After twenty years of teaching, this [diagnosed as] "gifted and talented" teacher realizes she has ADHD. No wonder school administrators always thought strangely of me when I allowed my kids to swing on the arms of their chairs and walk about their desks—as they paid complete attention to each and every lesson (well almost, anyway)!

—Rhonda

I love those plastic tangle toys. Also bead necklaces.

—Jennifer

Sports relief bands or Neocube magnets win hands down every time!

—Charlie



I either chew gum or scribble in the margins of my notes. Until we can get gum written into his IEP, my son either fiddles with a set of dogtags or presses them between his lips.

—Jennifer

My daughter likes the pencil topper fidget toys. However, her teacher took them away and said she can only have them when she sits still, concentrates, and has completed all her work.

—Michelle

Don't forget standing desks for students and adults. They are also good for heart health.

—Patricia

Pencils, LOL.

—Hoshea

Aaron's Thinking Putty!

—Joan

