



IRELAND'S **AUTISM** CHARITY

Fidget Guide



What are fidgets?

Fidgets can provide an easy and accessible way to help self-regulate or concentrate by providing auditory, visual and/or tactile input.

Fidget tools are employed for various reasons, including reducing anxiety, enhancing concentration, and addressing sensory needs. It's important to note that while some people find fidget tools beneficial, individual preferences vary, and not everyone may benefit from or enjoy using them.

Fidget tools come in various forms and serve different purposes, catering to the diverse needs and preferences of users. Here are some common types of fidget tools:

- **Fidget Spinners**

Small, handheld devices with a central bearing that allows them to spin. Fidget spinners gained popularity for their smooth rotation and are often used as a calming tool.

- **Stress Balls**

Soft, squeezable balls designed to be repeatedly compressed and released. Stress balls can help individuals release tension and promote relaxation.

- **Tactile Rings or Bands**

Wearable bands or rings that individuals can manipulate with their fingers, providing a discreet way to engage in tactile stimulation.

- **Tangle Toys**

Interconnected, twistable segments that can be manipulated into various shapes. Tangle toys are often used for promoting fine motor skills and sensory stimulation.

What are fidgets?

- **Fidget Cubes**

Small cubes with multiple sides, each featuring a different tactile activity such as buttons to press, switches to flip, or dials to turn. Fidget cubes offer a variety of sensory experiences in one compact device.

- **Kinetic Sand or Putty**

Malleable substances that can be molded and shaped. Kinetic sand or putty provides a satisfying tactile experience and can be a versatile fidget tool.

- **Pocket-Sized Fidget Toys**

Small, portable toys that can easily fit into a pocket or purse, allowing individuals to have a discreet fidgeting option wherever they go.

- **Chewable Fidgets**

Designed for individuals who find oral stimulation helpful, these fidgets are often made from safe, non-toxic materials that can be chewed on without causing harm.

- **Desk Toys**

Objects like Newton's cradle, magnetic sculptures, or other desk-friendly gadgets that individuals can manipulate while working to promote focus and relaxation.

What are the benefits to utilising fidgets?

It's crucial to recognize that the effectiveness of fidgets for Autistic people can vary as each person's sensory profile and preferences are unique.

Fidget tools can serve as supportive aids to Autistic people in that they can help to manage sensory experiences, reduce anxiety, and enhance concentration.

Our community members say that in their lived experience fidgets offer many potential benefits including but not limited to:

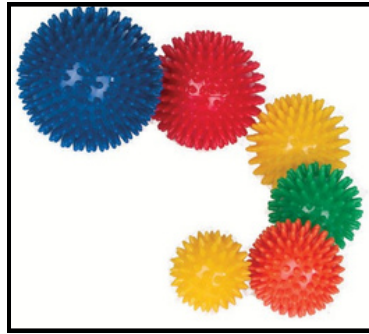
- Support Regulation
- Anxiety Reduction
- Focus and Attention
- Social Comfort
- Promotion of Inclusive Environments

Fidgets

A selection of fidget examples.



Koosh



Porcupine



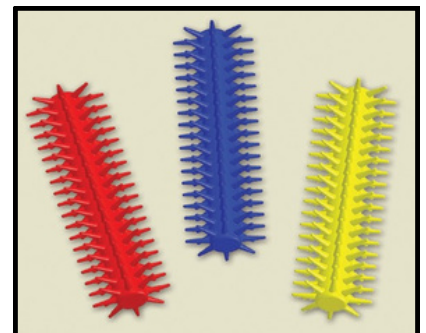
Tangle



Springs



Boinks



Sensory Stix



DNA Ball



Textured Ring



Fidget Pencils

Fidgets

A selection of eco-friendly fidget examples.



Eggercizer



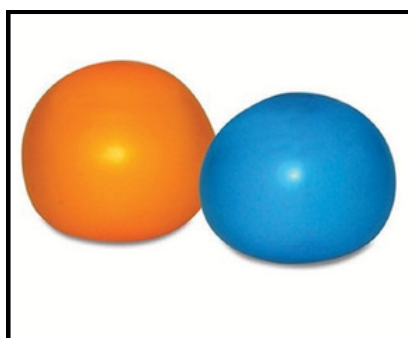
Wiggler



Putty



Bands



Stress Ball



Glitter Ball



Spring
Bracelet



Gel Grip



Squeezies

Eco-Friendly Fidget Tools

Eco-friendly fidget tools are designed to provide individuals with a sustainable and environmentally conscious fidget tool option.

These tools are crafted with materials and manufacturing processes that prioritize ecological responsibility and minimize environmental impact.

Here are some common characteristics and examples of eco-friendly fidget tools:

Sustainable Materials:

Eco-friendly fidget tools often utilize materials that are renewable, biodegradable, or recycled. Examples include bamboo, sustainably sourced wood, recycled plastics, or organic fabrics.

Biodegradability:

Some fidget tools are designed to be biodegradable, ensuring that they break down naturally over time without causing harm to the environment. This is particularly important for disposable or short-lived items.

Recyclable Components:

Fidget tools with recyclable components facilitate the responsible disposal of materials. For instance, products with easily separable parts or packaging made from recyclable materials contribute to reducing waste.

Eco-Friendly Fidget Tools

Energy-Efficient Manufacturing:

Manufacturers of eco-friendly fidget tools prioritize energy-efficient production processes, which may include the use of renewable energy sources, reduced water consumption, and minimized carbon emissions.

Minimalist Designs:

Many eco-friendly fidget tools feature minimalist designs that prioritize functionality and durability over excessive and non-essential components. This approach helps reduce the overall environmental footprint of the product.

Reusability:

Reusable fidget tools, such as stress balls or sensory objects, allow individuals to use the same item over an extended period, reducing the need for constant replacements and minimizing waste.

Non-Toxic Materials:

Eco-friendly fidget tools prioritize the use of non-toxic materials, ensuring that both the manufacturing process and the eventual disposal of the product have minimal impact on ecosystems and human health.

Ethical and Fair Trade Practices:

Some eco-friendly fidget tools adhere to fair trade principles, ensuring that the production process supports ethical labor practices, fair wages, and safe working conditions for those involved in manufacturing.

Eco-Friendly Fidgets

A selection of eco-friendly fidget examples.



Wooden Fidget



Bamboo Fidget



Snap Fidget



Quiet Fun Fidget



Weighted Beanbags



Gears Fidget



Flexagon Fidget



Pea Pod Fidget



Crochet Worry Worm



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