



When I was working daily in an office environment you could find me unraveling safety pins, continuously clicking a pen (my colleagues weren't so fond of that habit), or "testing" my drawer of fidgets I ordered for our customers. Through my years of consulting, and working with therapy clients I noticed that much like my clicking pen technique most fidgets sold in stores were too noisy for the classroom. **Fidgets are supposed to be inconspicuous and non-distracting to others around you. It wouldn't really be fair for the technique I use to stay focused to impair the focus of others!** Even the trendy pop it fidgets do make a sound in a quiet classroom or meeting. So I started to look at items that weren't created for fidgeting but could serve that purpose, such as my trusty paper clip collection. I walked through the aisles of my favorite stores and created these amazing fidget kits taking into account all of the senses. I did this with the goal of curating kits for those who struggle with focus, anxiety/worry, emotional regulation, sensory sensitivities, and sensory seeking behaviors. There are several fabrics, textures, and surfaces in each kit. There are also items with scents. Each kit has a variety of colors. Yes, I sell these at my events and in

the FAABulous shop on my site. I also want to empower you to make your own. Think about what textures feel good to you or your child, you may be looking for something stimulating like the bumpy erasers pictured in mine, or smooth like the flat stones. A sniff of a grape jell pen may delight your sense of smell and reengage your focus or your child's! If you are creating a kit for your kid involve them! Ask questions, take them shopping, spread items out and let them experiment! Include your child's teacher in on what you are working on. You wouldn't want a well-meaning teacher to assume a child was "playing" and tell them to put the kit away. Let the teacher know what your purpose is. Plus, they may have great ideas for you! I can't wait to see what you come up with. Email me your unconventional, quiet fidgets: [franki@faabconsulting.com](mailto:franki@faabconsulting.com), and your pictures may be featured on the FAABlog or social media. Not into DIY? Check out the FAABulous shop:

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