

Fidget Contract



This contract between _____ and _____
begins on _____. We'll look at it every _____ weeks to see how it's going.

Kid Section I know using a fidget can help keep my mind and body focused.

We agree that I can use a fidget during these times (check all that apply):

- Homework or reading time In the car When I feel _____
 When I'm watching TV or a movie While I'm waiting _____

If I misuse the fidget, I know it may be taken away. So, I will (check all that apply):

- Use my fidget to help me to focus and pay attention, or to calm down.
 Choose a different strategy if my fidget is distracting others.
 Play with my fidget as a toy only when my parents give permission.
 Put my fidget away in _____ when I'm not using it.
 _____.

We agree that the following are deal-breakers and will cause my fidget to be taken away:

Parent Section I know that having a fidget takes some getting used to. I need to:

- Show you how to use the fidget as a tool
- Talk with you about situations when it might be helpful to use the fidget
- Talk with you about situations when it's not appropriate to use the fidget
- Work with your occupational therapist or your school to find the right fidget for you

School Section (Optional) We've discussed that a fidget is a tool to help keep the brain focused for learning. We've agreed that the fidget can't be given to classmates or used as a toy in school, or distract other students.

The following fidgets are allowed in school: _____

Fidgets are included in the student's (check all that apply):

- IEP 504 plan Behavior plan Other: _____

Signatures

Parent

Child

Teacher

Understood