

# 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**