**Fidgets, Squishy Balls, and Putty, Oh My!**

**How does it help students?**

* **Improve the ability to sense more clearly what is happening in their bodies and in their surroundings**
* **Develop their sense of taste**
* **Use a calming strategy**

**What will we need?**

**Fidgets**

**Squishy balls**

**Putty**

**Slime**

**How do we do it? Instruct your students to use these items to calm themselves, distract themselves, or calm themselves. Encourage them to talk about how they feel as they use the item.**

**Additional Notes:**

**Reference: https://teachstarter.com/blog/classroom-mindfulness-activities-for-children/**