

St. Leo the Great School Fidget Rules



What is a Fidget?



A fidget is a small object that keeps your hands busy so you can focus in class. A fidget should be small enough to hold in your hand.

Who Can Use a Fidget?

Students who have difficulty focusing may use a fidget with teacher permission. If the fidget becomes a distraction, the student will no longer be allowed to use it. If the fidget belongs to the student, he/she will be asked to take it home. If the student continues to use it at school, an adult may keep it until the end of the school year.

When Should I Use a Fidget?

Use a fidget if you are having trouble paying attention and focusing on your work. If your hands are always busy, you may need a fidget. If you are feeling anxious or nervous, you may need a fidget.

How Do I Use a Fidget?

You should hold the fidget in one hand. You may feel it, move it, or squeeze it **WHILE** working or listening to the teacher.



The Fidget Rules



1. The fidget must stay in your hand or on your desk at all times.
2. You should not need to look at the fidget. If your eyes are on the fidget and not on the teacher, the fidget is a distraction.
3. You may not show your fidget to friends in class or share your fidget with others. A fidget is a tool to help **YOU** to focus in school.
4. You may not use a fidget that distracts you **OR** others from their work.
5. When you are done with the fidget, put it away or return it to the fidget box.