Creating a Fidget Bag

Children's Occupational Therapy
Creating a Fidget Bag

Many children find sensory experiences to be soothing and organising. As adults we fidget with pens, coins, jewellery etc and children often need more intense input for the same sensory benefits - keeping awake, being alert and attentive.

Take into account the child's likes and dislikes. Combinations of mouth, tactile and small finger toys for manipulation are the most useful. Highly visual toys are not recommended for use in class as they can be very distracting for other children. If the fidget bag is to be used at home these can then be included.

Keep the objects in a bag for those children who enjoy the surprise of reaching in and finding something. For those children who are tactile defensive they may need to see what they are touching and a clear zipped pouch, pencil case or shoe box might be best.

Suggestions for the bag:

- Lotion, preferably with a calming scent
- Lip salve both for soothing chapped lips and for the smell and sensation
- Scrub brushes
- Massager or small vibrating toy
- Natural smells
- Something to squeeze such as stress balls
- Therapy putty, silly putty or other 'slime' or 'gloop'
- Mouthing toys such as blow toys, harmonica, chew toys, chews
- Food items like boiled sweets, liquorice.
• Hair bands
• Key ring
• Bungee cord bracelets
• Necklaces, bracelets
• Small toys with movable parts
• Stretch toys
• Koosh balls
• Fabric swatches
• Bendable rubber toys.
• A small slinky
• A beanie baby type of tactile toy

Odours can be included for the child who enjoys smelling.
For further information about this service contact:

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If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

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