

## Distracter vs. Fidget

<b>Skill Area(s):</b> Stress/Behavior
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(Taken from Michelle Garcia Winner workshop)

**Level:** beginner, intermediate, advanced

**Goal:** Students will learn the difference between a distracter and a fidget

**Materials needed:** Fidgets-squish balls, marbles, beads, tangles, etc.

**Activity:** Many people think that giving a student a fidget can help them to attend better during instruction. For some students, this is true. For others however, fidgets become a distraction both to themselves and students around them.

- ❖ Talk to students about the difference between a distracter and a fidget. A distracter is something that takes your attention away from what you are supposed to be doing. A fidget is an object that you can play with to help you maintain your focus.
- ❖ Give each student a fidget to hold while you are talking. Explain that if they are using the fidget to keep themselves engaged, the fidget needs to be out of site, under the table. The student should not be looking at the fidget and no one else should be able to see it.
- ❖ If the student has the fidget on the table or in their lap where others can see it, it is a distracter and then the leader will need to take it.
- ❖ Have the students' practice using their fidgets and not letting them turn into a distracter.
- ❖ If someone else is being a distracter, brainstorm with the group things that they could do to try and stay on task. Some ideas are, look once and turn back to the speaker, practice breathing, tighten and release muscles. Do chair push-ups, tell the person who is being a distracter to please stop.