



IDEAS FOR... 'Fiddle & Think' (Original)



Crammed full of fiddle aids for the fidgeters and creative thinkers!

How Do Fidget Toys Work?

There are a lot of conflicting studies and opinions in the scientific community as to whether 'fidget toys' help children (and adults) to focus. We could spend a lot of time including study details and long explanations for both sides of this argument but instead we will just tell you that we provide thousands and thousands of fidget toys for use in the Home, Classroom, Therapy Room, Conference/Board/Sales Room, and anywhere anyone - young or old - wants to:-

-  **increase levels of focus.**
-  **brainstorm new creative ideas.**
-  **re-ground or explore emotions.**
-  **stay alert during an important session/meeting.**
-  **calm excessive sensory input (particularly effective for anyone with Autism/ADHD).**
-  **improve motor skills (particularly effective for use in occupational therapy).**
-  **just give in and enjoy a natural desire to fidget!**

Our customers tell us, time and time again, of how 'fidget toys' work for them, and because we are all different, we say the only way to absolutely know what will work for you is to try them for yourself!

For the Classroom...

Teachers and educators all over the world have been using the 'magic' of fidget toys to calm children and help them concentrate into receptive learning for several years but there were a couple of 'snags' that stopped them from consistent use, namely:-

- ★ It was hard work trying to get the 'toy' back from a child.
- ★ It felt 'awkward' issuing what was perceived as a reward toy for some (misbehaving) children and not others in the class.

The 'Fiddle & Think' Jar covers both of these concerns in that we suggest the 'jar' is introduced to the whole class by way of **'thinking tools'** and not 'toys'. You may wish to say something like,

"Some of us like to fiddle with an object to help us to focus our thinking or to think in a calm way. The objects in this jar are here to help some of us to concentrate on our learning. Everyone will be able to experience using one of these tools, so please tell me if you would like to use one and I will make sure you have your turn in the future. For right now (name of child/children) has been chosen to use them first.

There are two very important rules that you must agree to follow before you can take a 'thinking tool' from the jar.

- 1. You must decide to pay extra attention during the lesson and be the best learner that you can be.*
- 2. You must return the 'thinking tool' to the jar at the end of the lesson, ready to help us to 'think' again next time."*

For children with attachment issues, the 'Fiddle & Think' jar is very powerful for 'letting go', but you will need to collect the object a few minutes before the end of lesson and return it to the clear jar so the child can still see it is in a 'safe place' ready for him/her to use another day.

There are ten different items in each 'Fiddle & Think' jar, all with a variety of textures to appeal to various children and various moods. The novelty of using the jar will soon wear off for some children, others may discover its benefits and continue to use it every lesson, either way there are no rules that say you can not use more than one jar per classroom!

For the Home...

Parents who have children diagnosed with Autism/ADHD will most probably already be aware of the important role the right fidget object can play in a child's quality of time and with ten different items with a variety of textures there will be one to suit most moods. One day a child will need to feel something 'soft or fuzzy' and the next will need something more 'hard or prickly'. Just having the 'Fiddle & Think' jar to hand for a child to explore which texture he/she feels like fiddling with today can add to the feeling of getting a special present, just for them.

The 'Fiddle & Think' jar also lends itself as a powerful 'reward' system. It's clear jar allows the child to 'visually explore' which 'reward' he/she will have for completing the given task/s. (It is important to note that the Fiddle & Think jar should never be used in reverse, i.e. the 'reward' will be taken away from the child as a punishment.)

As in the classroom, the 'Fiddle & Think' contents can be used as **'thinking tools'** to help with focus and concentration for homework assignments.

When any 'quiet' time is desired/needed a child can simply choose a favourite object from the 'Fiddle & Think' jar with a prior timed agreement for 'no sound' play.

Finally, the 'Fiddle & Think' jar makes a wonderful gift for any child. Just hand over the jar and sit back and enjoy his/her delight on exploring the contents!

For the Therapy Room...

Educators will already know that children think in 'the magic of life' but a Therapist will know the damage that can take place if a child has a painful experience that finds him/herself 'stuck' in traumatic response, which he/she can carry through to adulthood.

The 'Fiddle & Think' jar still carries all the 'magic' and 'wonder' of the Classroom and Parental tool but for the Therapy Room it turns into a powerful complex communication tool.

Each Therapist will already know how best to use the 'Fiddle & Think' jar but here are just a few ways we have been told are very 'powerful':-

- Associate each item with an emotion (chosen by the child's own association)
- Associate each item with a person and what they are like.
- Associate each item with how they see themselves (someone who's reaching out/stretchy object)
- Tell a story using all the different textures.

If the child is not ready to hold an 'association' in his/her hand, then keep it 'safe' in the clear jar and he/she can just point to it.

For the Therapy Room the 'Fiddle & Think' jar is possibly one of the best 'ice-breakers' as Therapist and Child 'explore' its funny and unusual contents.

For the Board/Meeting Room... & Teenagers!

Business Meetings/Training Rooms have successfully been using the 'Fiddle & Think' jar for such a variety of reasons that we produced the 'Executive Fiddle & Think' jar. Both the 'Original' and the 'Executive' will work in the same way, the only difference being the 'Executive' jar tends to have a more 'grown-up' feel to it.

Here are just some of the reasons our 'business' customers use the 'Fiddle & Think' jar:-

- ★ As an 'ice-breaker/conversation starter' in a new group.
- ★ As a 'talking point' for conference tables.
- ★ As a 'right-hand brain stimulator' to brainstorm new creative ideas.
- ★ To focus sales delegates and motivate them through 'fun' role-play.
- ★ To focus delegates and stop them from day dreaming or falling asleep during the meeting!



Most importantly, use the 'Fiddle & Think' jar to have lots of fun and enjoy exploring all the different textures & stuff!

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