

Noise-reducing



headphones



Use these if there is too much noise around you and



you need to focus. These



can



help if you



need to block out



noise

to

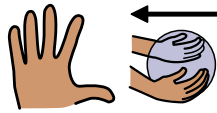


feel



calm.

Fidget






A fidget is a ball or hand-held object that remains in






your hand, to be "fidgeted" with. Here are a few simple but




very important rules:

1. Fidgets are  not  toys and should not be  played with!

2. Your  eyes must always be on the  teacher or  adult

 (or work you are doing), not the fidget.

3. The fidget should not leave your  hands.

Wobble Cushion



A wobble cushion is an object that you sit on, to help you keep still

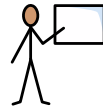


. Here are a few simple but very important rules:



1. Wobble cushion are not toys and should not be played

with!



2. Your eyes must always be on the teacher or adult (or



work you are doing) when sitting on the wobble cushion.



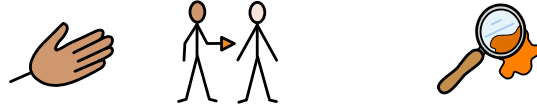
3. It is important to sit on the wobble cushion, not



kneel.



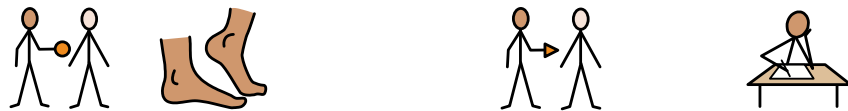
Fidget band



A fidget band helps you to focus and



improves attention. You can touch the fidget



band with your feet when you are working.



Your eyes must always be on your learning



or adult (if they are speaking to you or



the class) when using your fidget band.

