**Fidget Contract**

This contract between ___________________ and ___________________

begins on _______. We’ll look at it every _______ weeks to see how it’s going.

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**Kid section**

I know using a fidget can help keep my mind and body focused.

We agree that I can use a fidget during these times (check all that apply):

- [ ] Homework or reading time
- [ ] While I’m waiting
- [ ] In the car
- [ ] When I feel
- [ ] When I’m watching TV or a movie

If I misuse the fidget, I know it may be taken away. So, I will (check all that apply):

- [ ] Use my fidget to help me to focus and pay attention, or to calm down
- [ ] Choose a different strategy if my fidget is distracting others
- [ ] Put my fidget away in ________________ when I’m not using it

We agree that the following are deal-breakers and will cause my fidget to be taken away:

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**Parent/caregiver section**

I know that having a fidget takes some getting used to. I need to:

- Show you how to use the fidget as a tool
- Talk with you about situations when it might be helpful to use the fidget
- Talk with you about situations when it’s not appropriate to use the fidget
- Work with the school or other professionals to find the right fidget for you

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**School section**

We agree that the fidget can’t be given to classmates, distract others, or be used as a toy in school. These fidgets are allowed in school:

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Fidgets are included in the student’s (check all that apply):

- [ ] IEP  
- [ ] 504 plan  
- [ ] Behavior plan  
- [ ] Other: ________________

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**Signatures**

Parent/Caregiver ___________________  Child ___________________

Teacher ___________________

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