

Fidget Contract

This contract between _____ and _____
begins on _____. We'll look at it every _____ weeks to see how it's going.

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):

- | | |
|--|--|
| <input type="checkbox"/> Homework or reading time | <input type="checkbox"/> While I'm waiting |
| <input type="checkbox"/> In the car | <input type="checkbox"/> When I feel |
| <input type="checkbox"/> When I'm watching TV or a movie | <input type="checkbox"/> _____ |

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

- | |
|---|
| <input type="checkbox"/> Use my fidget to help me to focus and pay attention, or to calm down |
| <input type="checkbox"/> Choose a different strategy if my fidget is distracting others |
| <input type="checkbox"/> Put my fidget away in _____ when I'm not using it |
| <input type="checkbox"/> _____ |

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

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

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:

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

- | | | | |
|------------------------------|-----------------------------------|--|---------------------------------------|
| <input type="checkbox"/> IEP | <input type="checkbox"/> 504 plan | <input type="checkbox"/> Behavior plan | <input type="checkbox"/> Other: _____ |
|------------------------------|-----------------------------------|--|---------------------------------------|

Signatures

Parent/Caregiver

Child

Teacher