

# Calming Yourself Down When You Are Fidgety

Objective: To find ways to calm down your body when you are feeling fidgety.

## Did You Know?

Most kids feel fidgety sometimes. They squirm in their chairs. They tap the desk like a drum. They shake their legs like they have the shivers. Some kids feel fidgety more than others.

Being fidgety can be a problem in the classroom, at the dinner table, at the movies, or just riding in the car.

**You probably know when you are being fidgety because someone tells you to stop!**

## What You Can Do

There are some good ways to control your body when you feel fidgety.

One is called isometrics. Isometrics means pushing one muscle against another or against an immovable object. Try these isometric exercises.

- Clasp your hands together and press them tight for 10 seconds. Relax and then do it again.
- Push your knees together for 10 seconds. Relax and then do it again.
- Press your hands down on a table for 10 seconds. Relax and then do it again.
- Press your feet down on the floor for 10 seconds. Relax and then do it again.
- How do you feel after doing these isometric exercises?

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Do your muscles hurt?

\_\_\_\_\_ YES      \_\_\_\_\_ NO

If your muscles hurt, you may be pressing too hard.

## Other Things to Try

Here are some other things you can try when you are feeling fidgety. It's a good idea to talk to a grownup about which ideas might be helpful in different situations. Check off the things you would like to try when you are feeling fidgety.

\_\_\_\_\_ Stand up or move around.

\_\_\_\_\_ Doodle with a pen or pencil.

\_\_\_\_\_ Use a fidget toy or squeeze a ball to get rid of some of your energy.

\_\_\_\_\_ Listen to slow music using headphones.

\_\_\_\_\_ Chew sugarless gum (with permission from an adult)

## Keeping Track of Your Progress

For one week try to see how you do at controlling your fidgeting by filling in the chart below. Rate your success with 1 = Not very successful, 2 = Successful some of the time, and 3 = Very successful!

	What did you do to calm your fidgeting?	How successful were you?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Barry Bear gets the fidgets when he gets excited. Color him in with calming colors (blues, browns, greens, pastel colors).

