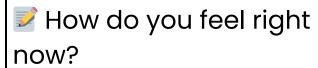
Name: Date:

Self-Reflection: Do Sensory Fidgets Help Me?

Try using your sensory fidget when doing your schoolwork or trying to focus. Circle your answers and write any notes to keep track of your experience.



- 😃 Нарру
- 😐 Okay
- Strustrated
- Tired
- 😝 Calm

The body of the bo

- 🟅 l minute
- The state of the s
- More than 10 minutes

Did it help you stay calm or focused?

- Stayed calm
- **@** Yes, I stayed focused
- B No, it didn't help
- A l'm not sure

When	did you	use your
fidget?		

- E During schoolwork
- Buring a break
- Mean While playing or relaxing
- 🙃 To help stay calm

What will you try next time?

- Substitution
 Use it when I feel frustrated
- & Use it before starting my work
- Use it during a stressful moment

NOTES:	
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