

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.

 How do you feel right now?

- 😊 Happy
 - 😐 Okay
 - 😡 Frustrated
 - 😴 Tired
 - 😌 Calm
-

 How long did you use it?


- ⌚ 1 minute
 - 🕒 Around 5 minutes
 - 🕒 Around 10 minutes
 - ⌚ More than 10 minutes
-

 Did it help you stay calm or focused?

- 😊 Yes, I stayed calm
- 🎯 Yes, I stayed focused
- 😞 No, it didn't help
- 🧑 I'm not sure

 When did you use your fidget?

- 📖 During schoolwork
 - 🎨 During a break
 - 🎮 While playing or relaxing
 - 😌 To help stay calm
-

 What will you try next time?

- 🧠 Use it when I feel frustrated
- 🧘 Use it before starting my work
- 📁 Use it during a stressful moment

NOTES:
