

Fidgety Kids Observation Sheet

Student: _____

Date: _____

Step	Questions	Response
Step 1: Observe	When do the wiggles begin?	
	What type of tasks trigger them?	
	What behaviors are observed?	
	What usually happens after?	
	Do the wiggles interfere with the student's ability to function, participate, or complete tasks?	
Step 2: Hypothesize	Possible explanations to consider	
	Explanations that can probably be ruled out	
Step 3: Experiment	What small changes can be tested?	
	Before work	
	Seating or posture	
	Writing demands	
	Task length or breaks	
	Environment (noise, space, peers)	

Step 4: Analyze	What worked well?	
	What had little effect?	
	What patterns are observed?	
Step 5: Plan	How can the student prevent wiggles from escalating?	
	What skills can be taught or coached?	
	What tasks should be modified?	
Step 6: Track	Wiggle episodes per ___ minutes	
	On-task time (first 5 minutes)	
	Work output with and without support	

Reminder: Wiggles are not random. They are signals.

