



Nightingale Federation – Fidget Tool Policy

Fidget tools can provide several benefits for the children who attend our federation, especially for pupils who have difficulty focusing or managing their energy levels. It is, however, important for the school to have clear guidelines that ensure that fidget tools are used in a way that supports learning and doesn't become a distraction.

The school may consider allowing a pupil access to a fidget tool if it supports one of the needs outlined below:

Focus and Attention:

Fidget tools can help children channel excess energy, enabling them to concentrate better during lessons. The repetitive motion or tactile engagement helps some pupils stay grounded and focused.

Identified Special Educational Needs:

For children with ADHD, autism, or anxiety, fidget tools can serve as a calming resource. It helps them self-regulate and manage sensory overload, improving their ability to learn and participate.

Stress and Anxiety:

Engaging with a fidget tool can provide a quiet, non-disruptive outlet for nervous energy, making pupils feel more relaxed and at ease during stressful moments like tests or social situations.

Sensory Processing:

Some pupils may have sensory processing difficulties, where fidget tools can offer a useful way to engage their sense of touch in a controlled manner, enhancing their learning experience.

Self-Regulation:

By allowing pupils to use fidget tools, schools can teach children how to recognize when they need a break or calming activity, which fosters emotional regulation and independence.

When pupils have an appropriate outlet for their restlessness, they are less likely to engage in disruptive behaviours. This can lead to a calmer classroom environment overall and this therefore why the Nightingale Federation supports the use of fidget tools.

Purpose and Approval

Fidget tools are allowed to help with focus and self-regulation, not as toys for play. Pupils who require fidget tools for focus or special needs (e.g., ADHD, sensory processing) should have approval from the SENDCo and class teacher.

Only quiet, non-disruptive fidget tools are allowed (see appendix 1 for approved items).

If a child requires a particular fidget tool that falls outside of the examples in the guidance, please speak to the SENDCo.

Proper Use

Fidget tools should be used discreetly at the pupil's desk or in hand, without distracting others. Children should continue to focus on classwork, and the fidget toy should complement their attention rather than take it away.

Fidget tools are not to be shared or traded with other students during class time.

Time and Place

Fidget tools can be used during class time when children are seated and expected to focus (e.g., during lessons, individual or group work).

Fidget toys should be put away during transitions, physical activities, or when moving around the classroom.

Class Teachers will indicate to their pupils if they would like children to put fidget tools down and listen. They will indicate this verbally and by displaying a laminated sign (appendix 2).

Teacher's Discretion

If the fidget tool becomes a distraction to the student or others, the teacher has the right to ask the student to put it away. The use of fidget tools should be monitored by teachers to ensure they remain tools for focus, not distractions.

Teachers and support staff should work with pupils to develop correct techniques for the use of fidget tools.

Respectful Use

Children must respect classroom rules and fellow classmates' needs for a calm learning environment. Any misuse of fidget tools, such as throwing, or causing distraction, or deliberate damage will be communicated to parents/carers.

Storage and Responsibility

Nightingale Federation will provide each teacher with a selection of approved fidget tools (see appendix 1). Class teachers will ask children to select a fidget tool from the class set. This should be kept in a designated place when not in use such as on the child's desk or in their tray. Pupils are responsible for their own fidget tool.

Date Policy Agreed: 30th August 2026

Agreed by: Nightingale Federation Senior Leadership Team

Review Date: September 2027

Appendix 1 Here are the fidget toys approved for use within Nightingale Federation. Please note that other fidget toys may be considered after discussion with the SENDCo based on children's individual SEND or Sensory needs.

Noodle Stretchy Bands



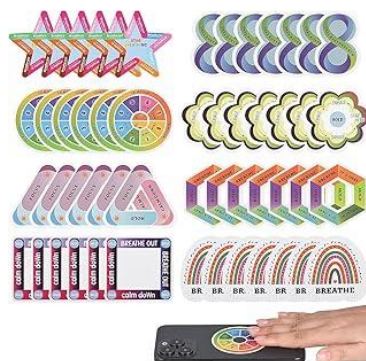
Worry Stones



Silicone Chew



Regulation stickers



Block Snake Fidget Toys



Sensory Activity Board



Squeezy sensory ball



Fidget ring



Chair resistance bands



Appendix 2

