

Fishbowl Fidgets

Written By Cecilia Cruse, MS, OTR/L

Introduction

Velvet Slime Anemones, Wiggly Jellyfish, Stretchy Eels, Gel-filled Starfish and more! This two-gallon, break-resistant fishbowl includes 7 non-toxic, ocean-themed fidgets. Fishbowl Fidgets are fantastic fun for all your seafaring friends, and no water is required!

Introduction

Fishbowl Fidgets are a wonderful way to provide touch work and some heavy work for the hands. Fidget toys are part of a healthy sensory diet. Holding something in the hand(s), usually at midline, may help center a student's vision and hearing modes for better learning. Fishbowl Fidgets also keep inappropriate movements, or otherwise busy hands, occupied.

Fun Ideas

There are oceans of possibilities for Fishbowl Fidgets. Here are some suggestions to get you started:

Keep Your Fishbowl On A Shelf Or On Your Desk,

so students may select a fidget to use when necessary, such as during circle time, hall transition time or library time. The Fishbowl Fidgets feature a wonderful texture and color that appeal to students who have touch and pressure needs. Students will manipulate the Fidgets, as all of them are super squeezable, stretchable and flexible. When the activity is over, students return the fidgets to the "ocean" (fishbowl).

Have A Small Group Sensory Break.

There are enough Fishbowl Fidgets per pack to have up to seven students to choose one fidget. Take turns discussing each one. What kind is it? What color is it? What does it do? What does it feel like? Take turns trading fidgets to allow for a variety of tactile experiences.

Go Fishing for Fishbowl Fidgets.

Children close their eyes (or wear a blindfold) and reach into the fishbowl to choose a fidget. Or they may "fish" around until they find their favorite fidget by feel. Or have them name/describe the fidgets as they feel them. This is an excellent activity for children with touch sensitivity (tactile defensiveness), but it may be very challenging, so go slowly!

Care & Safety

To clean your Fishbowl Fidgets, use a germicidal wipe or wipe down with a mild bleach and water solution (1 part bleach to 10 parts water). If your Fidgets get too tacky or sticky, lightly redust with talcum or baby powder after cleaning. Some of the Fidgets may leave a residue on fabrics or other absorbent surfaces. To remove this residue, use soap and warm water.

Fishbowl Fidgets are not recommended for the mouth as they can pose a choking hazard. Fishbowl Fidgets are not recommended for children under 3 years of age. Fishbowl Fidgets are non-toxic and made of thermal plastic rubber that is latex free.

