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## Do fidget toys have therapeutic value?

We have seen fidget toys come and go.  
From the fidget spinner to Poppits but do they work?

Fidget toys only work when they provide proprioceptive input in the form of resistance or deep pressure input. Proprioception modulates the nervous system. This means the nervous system can receive more information from the environment and use it effectively. When a child struggles to concentrate or has a sensory overload the nervous system cannot use information, from the environment, as effectively and thus the child cannot perform adequately.

The above-mentioned 2 fidget spinner IS **NOT EFFECTIVE** as it doesn't provide proprioceptive input.



## What do effective fidget toys look like?

The key is a toy that provides deep pressure input and/or resistance and that doesn't make a noise that will distract others or the child using it/or the teacher 😊



Roller with pins (Takealot/SAToyTrade)



Squiggle balloons (Crazy Store)  
Or you can make it yourself using helium balloons and flour/orbees – just remember that they can break when twisted



Pressure ring (any pet shop/Dischem)



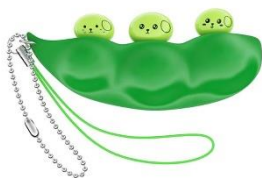
Slime ball (available from Takealot/Crazy Store)



Elastic bands/hair elastics (Mr. Price Sport They have a firm resistance and will help with development of the intrinsic hand muscle as well)



My favourite!!! Bendy-man (Crazy Store)



Love this one as well – Peas in a pod (Autism Resources)