

# How to guide...Fidgety Feet



## What is it?

Fidgety Feet is essentially a board for hyperactive/restless feet and legs.



## Why would it be used?

Many children struggle to sit still – and often need to move around or fidget in their seats. This can often affect their ability to engage in learning.

Children have an inner drive to move in order to unconsciously get themselves into a calm state and to know where their body is in space. Think of the difference between a Foundation age child and a KS2 child's ability to sit and listen. This is a skill that develops with age, but not all find it easy. Learning to sit still and focus is a skill that is not automatic for many. Fidgety Feet can help solve this by allowing subtle lower limb movement without disrupting the 'above tabletop' part of the body.

Sitting with both feet placed on the Fidgety Feet allows movement to help calm and regulate the nervous system, but also brings a sense of grounding and stability. It can help with posture and concentration as well as reduce the child's needs to get up out of their seat.

**Continued on next page...**

## How can it be used?

This is a piece of classroom kit that can be used by almost any child – those with diagnoses of ADHD or sensory processing difficulties – but also any child who needs help to settle to focus on a task.



There is no time limit on its use – but it may best be used for targeted tasks where optimal concentration is required – such as silent reading, or a mental maths test. The difference in concentration is easily observed when being used.

It is placed discreetly under the desk so that it can be used with both feet placed on the footprint marks on the Fidgety Feet. It can also be used in the dining hall, or if a child uses a chair for assembly. It can help dampen sensory overwhelm from noise – as movement (proprioception and deep tactile input) has a calming and regulating impact.

Consider having several in your classroom and encourage children to request it to help them sit still and do their best thinking. Observe carefully how this improves their ability to concentrate.

**Continued on next page...**

## Additional Considerations

**Although strong, this resource is not for standing on. It is NOT a balance board!**

If a child has very poor postural control, the wobbliness of the Fidgety Feet could be unhelpful and it would be better to consider the height of the chair and desk instead for that child to ensure their back is against the chair back, and feet are solidly placed and supported on the floor.

For Staff – Try it yourself and see! You may find it helpful to have one under your own desk.

### And for all staff out there...

Why not have a go for yourself and see. You may find it helpful to have one under your own desk!



For more information, visit: <https://www.tts-group.co.uk/fidgety-feet-posture-aid/1013549.html>

**Many thanks to Alison Harris, an Occupational Therapist,  
for writing this for us.**