DIY FIDGET

PURPOSE:

Why?

This DIY fidget activity offers a creative outlet that enhances focus and reduces stress. Engaging in the hands-on process of making a fidget tool promotes mindfulness, allowing students to immerse themselves in the task and temporarily alleviate anxiety.

HOW TO:

Materials & Budget

- Beads ($25)
- Silky Cord ($10)
- Keychain Clips ($15)
- Scissors ($5 or free if you can use school materials))
- Painters Tape ($5 or optional)

Instructions

- Measure out your silky cord to around 24 inches and cut using the scissors.
- Fold your silky cord in half, and slip both ends through the keychain clip and tie a knot.
- Tape your keychain to the table with painters tape for stability or hold in your hand if you don't have tape.
- String your bead through the left cord and then string the right cord through the same hole.
- Pull both ends of the cord so the bead gets pushed to the top of your keychain.
- Continue this pattern for 8-12 beads.
- Tie a knot at the end and make sure there is space to move the beads up and down.
- Attach your keychain to your backpack and play with your fidget when you need something to calm your down!

Timeline

This activity requires going shopping and should take a week to gather all the materials. The actual activity will take at least 20 minutes but may take longer.

Impact

This activity is great for club meetings as it is a fun, hands-on activity that you can make in your meeting room and take home to play with!

Example(s)

Watch this YouTube tutorial for additional help!

Example from Staten Island Academy High School
BC2M!

Post photos from this activity to your club Instagram and tag @bc2mhighschool