POWER! PROGRAM

POW! Form Example

NICOLE QUINT, DR.OT, OTRL
Make a fidget that works for your learning and sensory processing style. It should enhance your focus and NOT distract.

Example: Balloon fidget
(The student looks on pinterest and finds fidget option that would work for him or her. Then writes down needed items to get organized)

**LIST OF ITEMS NEEDED**

1. Balloons (5)
2. Flour/container for mess
3. Sandwich bag
4. Markers
5. Scissors

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1. Fill flour into sandwich bag to size you prefer
2. Tie the sandwich bag after removing air
3. Place the sandwich bag tie side down into balloon (need a second person to help) (pick which color you want on outside as that will be last balloon)
4. Cut off the end of the balloon
5. Repeat step 3 with balloon ball and step 4 until all 5 balloons are used
6. You can cut small shapes to see other colors beneath
7. Use marker to make designs as preferred
8. Squeeze away!

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Does the fidget help you focus?
When will you use it?
Where will you keep it?
Do you have a plan to explain the use of it with teachers/parents/friends?