

# Touch



Use the QR Code to watch a video of people with FASD using the fidget spinner, bubble wrap and stress brain



People with FASD find keeping their fingers and hands busy helps them to relax and concentrate. Sometimes it helps have a fidget tool. We have included two things in the club pack that might help in a classroom, restaurant, car trip or anywhere where you can't get up and move around.

## Does squeezing the foam brain help you?



## Does spinning the spinner help you?



Send us a picture of how you use the spinner or stress brain to [hello@fasd.me](mailto:hello@fasd.me)

## Directions

1. Squeezing and squishing the brain in your hand exercises and relaxes your muscles. If you also breathe slowly while you are doing it, you will feel calmer.
2. You probably know how to use this spinner, but did you know many people say that spinning one in their fingers improves their concentration and thinking? Try it for yourself and see if it is true.
3. Try popping the bubble wrap. Did you enjoy that?
4. Others find squeezing their fingers helps or holding someone's hand and squeezing. Try it when you are upset and see if it works for you.

