

# Wyburns Primary School

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Tuesday 14<sup>th</sup> October 2025

Dear Parents/Carers,

We have been reviewing the use of fidget objects within the classroom, and also consulting with research on this topic.

Research has shown that commonly marketed fidget toys such as spinners and cubes do not consistently support attention or learning (Croley et al, 2018; Graziano et al, 2018). Other studies also suggest that while fidget tools may provide sensory input, items like fidget spinners can actually increase distraction levels rather than improve focus (e.g., Stalvey & Brasell, 2006; Carter et al., 2017).

The most effective fidget objects tend to be small, unobtrusive, and provide quiet, tactile sensory feedback. Examples include smooth stones, stress balls, or textured materials. These types of fidgets allow for self-regulation without drawing attention away from teaching and learning.

Examples can be seen below. Please note, the cubes and textured balls are around the size of an ice cube.



If it has previously been agreed that your child uses a fidget in class, and they bring one from home, please ensure they are objects such as the above. The use of them will continue for your child, unless their teacher deems the object to be having a negative effect. If this is the case, their class teacher will discuss this with you.

If you feel that your child may benefit from the use of a fidget object, please email [admin@wyburns.org](mailto:admin@wyburns.org) with the subject 'FAO Mrs Hasson', and we can discuss this.

A policy has been written for the use of fidget objects and will be shared once agreed by the Local School Board.

Thank you for your ongoing support,

Mrs H Hasson  
SENCO & Assistant Headteacher