



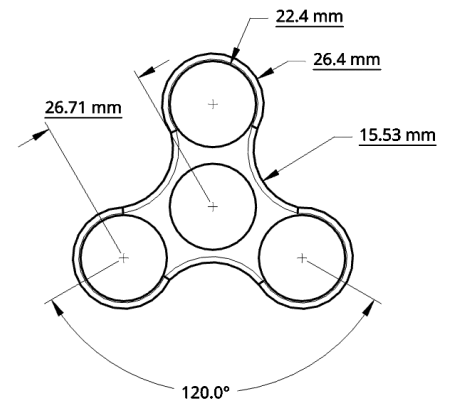
Name: _____

Color you'd like spinner: _____

Emailed and downloaded: _____

FIDGET SPINNER

Doing two things at once, it turns out, can actually help focus the ADHD brain on a primary task. Experts believe that engaging in an activity that uses a sense other than what's required for your primary task can enhance focus and improve performance in children with attention difficulties. These secondary tasks are called **fidgets** ... mindless activities you can do while working on a primary task. Fidgeting is like pacing or doodling while on the phone, or chewing gum while taking a test. A fidget is self-soothing and helps you stay calm and focused. An effective fidget **doesn't distract you from your primary task** because it is something you don't have to think about.



1. Draw and label dimensions of your fidget spinner in the box like shown in the picture.

- Outside diameter of the bearing is _____ mm.
- Center hole of bearing is _____ mm.
- Bearing thickness is _____ mm.
- Add **.4mm** to the dimension of all the holes.

2. Watch the Youtube video that shows you how to make a spinner using the program "OnShape".

1. Search Youtube for "***OnShape spinner tutorial***", follow the directions, create spinner.

3. Show me your computer drawing and worksheet.

4. Save the spinner as an .stl and email it to:

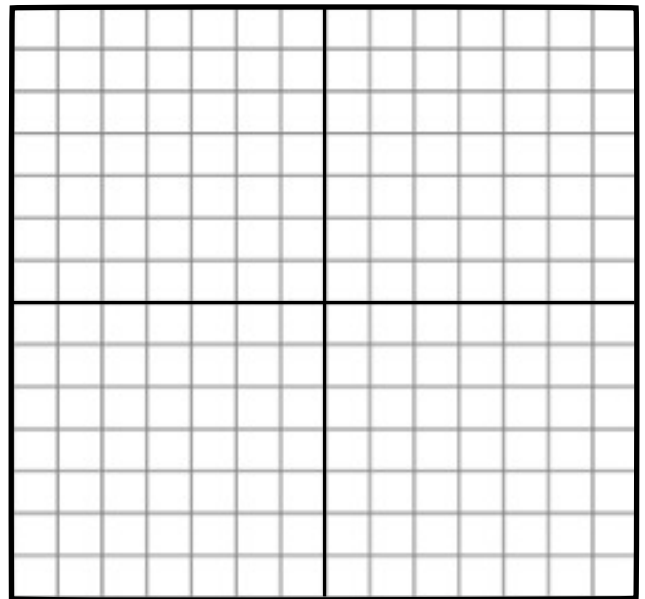
kevin.papke@sausdlearns.net and tell me what

color you would like (I will print it as soon as possible).

Teacher initials: _____

5. **You MUST design and build** your own spinner (no copying).

6. **You may make spinners for yourself only.** If your friends want one, they have to make it.



If a fidget spinner *is distracting me* from my primary task, **I am NOT using it properly.** I promise to only use my spinner appropriately in classrooms where the teacher says it is ok and to not let it become a distraction to me or anyone else. I will immediately put it away if the teacher asks me to. I understand that teachers may take away my spinner or give me **detentions** if the spinner *becomes a classroom distraction.*

Signature: _____