

# Fidget Blankets



Fidget blankets are lap sized pieces of fabric, wool or crochet with interesting tactile bits and bobs (e.g. buttons, ribbons, beads, zippers, shoe laces) attached for people who are agitated or anxious. They are designed to trigger memories, stimulate senses, and the brain while keeping restless hands' busy.

## Do's

- Make blankets large enough to go across laps (less than 30in.)
- Ensure all attachments are secure and cannot come loose
- Use different textures
- Create some without buttons (not everyone can have buttons)
- Anything goes – be creative
- Please do not add anything sharp or use safety pins

Contact Beth Gebhart at 609-699-4133 or [bgebhart@lsmnj.org](mailto:bgebhart@lsmnj.org)

