





www.kaikofidgets.com kai@kaikofidgets.com

## MADE FOR YOU... BY ME!

My name is Kai & I am autistic & dylexic. I first started making my own fidgets when I was 11 because I couldn't find anything that wasn't noisy or embarrassing!

Mine are **SUPER COOL** & mainly made of metal. They are not just for kids, adults love them too! Using my fidgets has really helped me with my anxiety & also to concentrate at school.

It feels good knowing that my fidgets are helping others! My mum (who's an Occupational Therapist) has now helped me design & make more than 20 different fidgets.

They have a huge range of uses for people with all different kinds of sensory needs. As well as my fidgets,

I sell lots of other amazing sensory products on my website. I enjoy using them & I hope you will too.

#### Please follow my journey on





"Fidgets that are trendy for tweens, teens & adults are scarce. In fact...until I came across the Kaiko team, I was certain they did not exist! It is incredible to think a tween boy decided

there was a gap in the market, and he needed to have something he felt comfortable to hold & use when around his peers.

The story behind how Kaiko was birthed is amazing. But better still, the products themselves all serve several different functions, with Kai's amazing Occupational Therapist mum ensuring each customer knows the full extent of how to get the best out of each fidnet. get the best out of each fidget.

Clients I see crave the weight & proprioceptive input that the Kaiko range provides. They beg to sift through my box as we work on their goals. The full range of products purposefully target different fidgeting needs people have, & the input I receive with each purchase is informative, insightful and evidence based. I can't sing their praises enough."

Tricia Mauger **Director, Paediatric Occupational Therapist Planted Parenting** 

## kaiko FIDGET GUIDE

# CHAIN RANGE Mini/Medium/Jumbo/XL/Mega

Can be put over finger(s) & rotated around &/or squished in between fingers. Typically used over pointer finger, very similar action to pen clicking. Mega's can also be worn on wrist in multiples as a weighted product.



#### SMALL & HUNGRY D

These two wiggle in & out. The Hungry D can rotate around the finger also. Assists in developing fine motor skills & strength of the 'pencil grip' fingers. Great fine motor "homework" whilst watching TV etc.



#### **HEXA RANGE**

Roll up & down finger, toss & rotate in your palm or jiggle. A number of varieties available, both in size of ring & nuts.



# KEYRING & LANYARD FOR FIDGETS

Keep fidgets safe & easily accessible.

**Keyring:** Has 2 quick release ends. One for multiple fidgets & other to clip onto bags/belts/pencil case etc.

Lanyard: Has detachable bottom section with large clip for multiple fidgets.



## koiko FIDGET GUIDE

### **SPIKEY RANGE**

This range provides strong sensory input - with focused & deep pressure. Many have found these to be a helpful substitute for picking, biting & other self harming activities. Also great for circulation & stimulating acupressure points.



### **Finger Spikey**

Roll up & down fingers or twist around fingers or thumb. Comes in a variety of colours.

### Wrist Spikey

Roll up & down the arm, wear on wrist & flick or rub between palms. Can place on wrist & twist around (similar to a 'Chinese burn') applying varying degrees of pressure. This technique has been particularly helpful as a tool for some in minimising self-harm, however does not replace the need for professional support. Comes in a variety of sizes. Refer to our website for a guide to selecting a size.

### **HAND ROLLERS**

Extremely rhythmic & calming. Rotate in your hand, roll between palms or roll to massage are some of the ways you can use these.

Some like to put the metallic ones in the fridge for increased sensory input between uses. Comes in a range of weights, light through to quite heavy. We find, for most, the heavier the better for anxiety. Generally for children under 10 it is better to select lighter options due to hand fatigue. Assorted colour & weight options available.

Please feel free to contact us to chat through your specific needs.

WHOLESALE & NDIS enquiries welcome



### koiko FIDGET GUIDE

# CENTIPEDE & MILLIPEDE RANGE

Roll up & down fingers, toss in hand or rub between palms.
A number of varieties available, both in size and 'feel'. These are one of the softer styles in our range.



### **LOOP RANGE**

This style takes a little time to 'master' but once you do they are soooooo satisfying. The loops flip & fold into one another.
Comes in a range of sizes & styles.



#### **MAGIC BALL**

Roll between palms for a scratchy/tickly sensation. This helps stabilise the core for those that have trouble sitting still. Also can be rolled in fingers or spun. This fidget has so many uses!



### **CATERPILLAR RANGE**

Varieties available for Hand, Wrist, Neck & Hoodie

The 'softest' in our range. Roll the stainless steel beads & cord between fingers. Great for those that hair twirl, stim with fabric or roll Blu-tack.
A range of colours available.



### COG

This has a super fast spin, soft vibration & slight hum which is amazing. Rolling the cog over hands & fingers gives great sensory input.

Comes in a range of colours & styles.



### SENSORY SOLUTIONS

### FOR WORK, HOME & SCHOOL

### CAN ASSIST WITH...

- Supporting mental health & reducing anxiety
- Emotional regulation & sensory input
- Focus & concentration great study or work tool
- Tactile awareness & desensitisation
- Hand function improving fine motor, strength & circulation
- Managing stress
- · Active listening can increase focus & attention
- Reducing unhelpful habits such as nail biting, smoking, tapping, hair twirling, pen clicking & leg bouncing etc
- Harm minimisation by providing an alternative source of intense sensory input (see wrist spikey)



### THE WORKS KIT

I have been looking for fidgets for myself but all the ones I have found were for children. I hadn't found anything that I thought would hold up to my fidgeting and was discreet enough to use at work. I thought I would order the works tin as I was sure that out of all of them I would like 1 or 2. Imagine my surprise and excitement when I loved every single one! They are all fantastic, perfectly sized, sturdy and amazingly fun and different. Thank you so much! **K. Zauner-De Ville** 

As a radio host, I sit in front of a microphone for three hours a day, five days a week and the early mornings make it hard to concentrate sometimes! I have found playing with Kaiko fidgets has been amazing for my concentration! I'm addicted to them and they are now a part of my morning routine on air! Thanks Kaiko! We love you! **Lucy Holmes 89.9LightFM** 

Fidgeting can be a very important learning tool for students & adults alike, particularly for those who find it challenging to sustain attention or have anxiety. We process much of the information we receive through our auditory system. Many need to move to process auditory information effectively.

Movement = Enhanced Vestibular Processing = Better Attention & Auditory Processing

**Ebony Birch-Hanger** 

Teacher of the Deaf & Neurodevelopmental Therapist