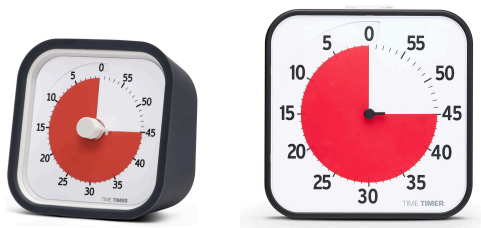


# Back to School Supports

This guide includes affiliate links. Points of Stillness earns a small commission with qualifying purchases.

Whether or not your child has formal support at school, all of our kids need to be better supported to get through the long, sedentary, school day that has become the norm. Scroll through to find some tools that can help during the morning routine, school day, and after-school burnout.

## Getting to School On Time



[Desk size Time Timer](#) [12 inch Time Timer](#)



[Kids To Do Chart](#) [Dry erase checklist](#)



[Skylight Calendar](#)

# Study Supports



[Bone Conduction Headphones](#)



[Touch Points](#)



[Apollo Neuro](#)

## Chewable Items

[Ark Therapeutic](#)



[Ark Therapeutic starter kit](#)



[Ark Pencil toppers](#)

## Necklaces:



<https://amzn.to/4lgSEF3> <https://amzn.to/3J42fBC> <https://amzn.to/3UfsK9z>

# Silent and Easy to Use Fidgets for School and Home



[Cube Nee Doh](#)



[Nee Doh Noodles](#)

## Fidget Rings



<https://amzn.to/3H0nVhw> <https://amzn.to/4onWvCY> <https://amzn.to/45ta0ZA>



<https://amzn.to/3IZEPOi> <https://amzn.to/45xjmVb>

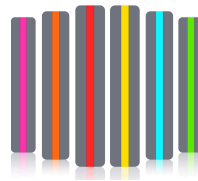
## Homework Helpers



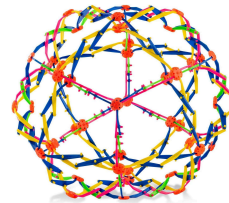
[Pencil Grip](#)



[Pencil Grip](#)



[Guided Reading Strips](#)



[Breathing Ball](#)



[Therapy Ball](#) - alternative seating for doing homework at home



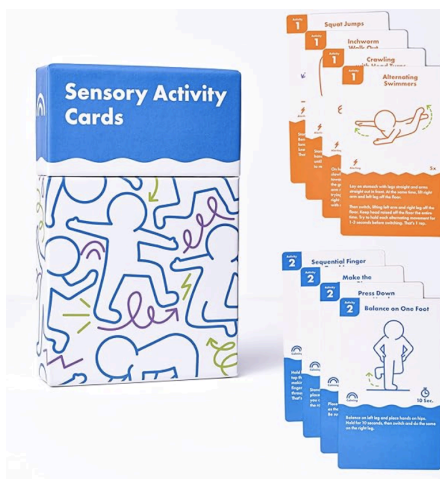
[Adjustable Stool](#) - Help your kids feel stable sitting at the table during homework sessions with a stool for their feet. Great for meal times too!

# Movement Supports

Kids sit all day at school! Be prepared to get those wiggles out at home before and/or after school!



[Harkla Swing](#)



[Harkla Sensory Activity Cards](#)



[Harkla Body Sock](#)



[Harkla Sensory Classroom Kit](#)