

Fidget Spinner – Information & User Guide

What is fidgeting and what are the causes?

Fidgeting is best described as making small and sometimes continuous movements with various parts of the body, mainly the hands or feet. It has for many years been associated with nervousness, stress, anxiety and impatience. It is also considered by some to be a sign of boredom, agitation and restlessness.

For others, it is considered to be nothing more than a nuisance and an irritating habit carried out by school children who should be paying more attention to what their teachers are trying so desperately hard to teach them. Whichever way you look at it, just about everyone has at some point done it or is currently doing it. Fidgeting it seems is a natural human behavioural characteristic.

Everyone fidgets

People, and especially children, will fidget for many different reasons, and in many different ways. Fidgeting, in all its forms, is considered by medical professionals to be a symptom of ADHD in children, and while many experts agree that children with ADHD display typical behaviour patterns, fidgeting is not wholly confined to this particular group. Observations have revealed that not only do children fidget, including those who have not been diagnosed with ADHD, but many teens and adults fidget also.

How to spot a fidget

What constitutes a fidget? It's easy to spot a person, child or adult, who is fidgeting because generally they will be swaying, tapping, twiddling or twirling. They could be tapping their feet on the floor, tapping their fingers on a table or desk, twirling a pen or pencil between their fingers or carrying out some other small movement in a continuous manner over a long or short period. Surprisingly, the person who is fidgeting is generally unaware they are doing it. It seems to be an unconscious act and therefore begs the question, why do we do it?

Why we fidget

Research suggests one reason we fidget is because it makes us more alert. The activity of fidgeting provides a temporary distraction from whatever we are doing and helps us to refocus our attention. However, other studies suggest that fidgeting reflects a "wandering mind". One thing is certain, we all fidget and therefore having something to fidget with, seems like a necessity for most of us.

Fidget toys

For every human need or problem, someone, somewhere will devise a solution, and fidgeting is just one of those needs or problems, which is now being adequately addressed. There are currently an array of fidget and stress relieving toys available in all manner of shapes, sizes and colours. From fidget cubes to tangles and from

squidgy toys to stress balls, all seem to have found a place in our daily lives. The Fidget Spinner falls neatly into this category and has been received very well. The main difference being, it has captured the imagination of an entire generation. In fact the Fidget Spinner has even crossed the generation gap and is now becoming increasingly popular with teens and adults all over the world.

History of Fidget Spinners and Their Rise in Popularity

The Fidget Spinner was invented and originally patented by Florida, US, based Catherine A. Hettinger in 1997 but the patent has since expired. The hapless inventor tried her best to market the toy, even offering her idea to the toy manufacturing company, Hasbro, one of the biggest toy companies in the US. However, her offer was rejected due to “lack of interest”. Unable to afford the renewal fee on the patent, the idea has since been picked up by many toy manufacturers worldwide, including the very same big American toy manufacturer, who was originally offered the rights.

Now a worldwide craze

The palm size toy is made from plastic or plastic and metal, and contains a central race bearing, which sits inside a 2 or 3-pronged device. When held between finger and thumb the spinner can be flicked so that the toy spins and maintains its momentum due to the action of the central bearing. When spinning on a finger it is said to produce a pleasing sensory experience.

What started as a simple idea and a unique way to keep young children occupied, has now developed into a worldwide craze. The inventor however, has gained no monetary reward in recognition for her efforts in creating what has become the most highly successful sensation of the decade.

It's more than just a child's toy

The gadget is being marketed as an aid to conditions such as ADHD and autism but has met with some disapproval from schools in both the US and the UK. Apparently some teachers see them as a distraction and want them banned from the classrooms, whilst others say they are helping children with ADHD and similar conditions to focus better.

With both positive and negative arguments on both sides, there is no doubt the phenomenon will need further scientific research before a definitive decision is made about the actual benefits of the Fidget Spinner. In the meantime, there are no signs of the craze diminishing any time soon.

Office accessory of the year?

Since early 2017, the Fidget Spinner has surprisingly become the “must have” gadget for relieving stress in adults. It is also becoming immensely popular in the workplace and poised to become the fastest selling office accessory of the year. The spinners are now available in an array of colours and materials, including ceramic and metal, and there are several variations on designs. There are even LED versions available together with some very trendy shapes. However, quality of

manufacture does vary significantly with the top rated spinners, said to be those that spin the longest, obviously costing considerably more.

Possible long term benefits

If we put aside the negative reactions and comments about the Fidget Spinner from schools, who may well have a case, or not, there is no doubt that the gadget itself provides a fun experience for both children and adults. Anything that can keep children occupied and out of mischief, and also help in relieving the daily stress associated with work and worry in adults, is surely beneficial in the long term. Consider also, a product that divides opinion, will almost always have a loyal fan base regardless of any perceived effects, good or bad.

Tips and Tricks Guide

Although still relatively new on the toy scene, the Fidget Spinner is fast finding its place amongst the trendiest gadgets to be seen with. However, quality and functionality are gradually taking centre stage when it comes to personal choice. For example, what's the point of a spinner if it doesn't spin well? A spinner that spins fast and spins for a long time is the ultimate objective for anyone considering acquiring a top rated and highly desirable spinner. Inevitably competition for the fastest and longest spin will drive demand once the initial craze has begun to slow down. So, how do you get the most out of your spinner and leave your competition standing?

Here are a few tips to help keep you and your spinner in top form:

The first thing you should do when selecting a spinner is check whether it has steel or ceramic bearings. Spinners manufactured with steel bearings tend to be cheaper and are less effective when it comes to spin time and stability. So, if you want a fast and long lasting spin then ceramic is the only spinner of choice.

Keep free from dust and dirt

The Fidget Spinner's "engine" is the central race bearing, which consists of a set of small ball bearings encased in a shell. Like any type of bearing, they need to be clean in order to function at peak performance. To keep them in good working condition or even vastly improve their performance, ensure the inner parts of the casing, which is where the bearings are housed, is kept free of dirt and dust. Generally this shouldn't be a problem as long as the outer protective caps are kept in place.

How to clean your spinner

However, your spinner will slow down in time and will get noisier. At this point it will need cleaning. The best way to do this is the easiest way. First lay down a sheet of paper towelling onto a flat surface. Next, remove both caps from the central bearing and pop the bearing out. Go outside with the bearing and then add a couple of drips of white spirit to the bearing. Shake off all the excess and then lay the bearing on the towelling and wipe it over to remove all traces of white spirit. Ensure there is no fluid dripping from the bearing.

Now replace the bearing and the protective caps and spin several times. Don't use WD 40 or any type of oil on your bearings as this will slow the spinner down.

Try these tricks

Now that you have a super-fast spinner let's do some tricks. You might also be able to think of some yourself. Apart from the table top spin, ensure you are doing these tricks over a soft surface to avoid any damage to the spinner should it be dropped.

- The spinner can be spun on a flat surface (table top) by placing your finger in the centre and flicking the outer edge.
- You can hold the spinner between thumb and any other finger on one hand and then flick one of the edges with the other hand.
- With the spinner spinning fast, try swapping over hands or fingers. This might take a bit of practice.
- Try spinning your Fidget Spinner and stretching your arm out from your body whilst it's still spinning on your finger.
- If you remove the caps and insert a ball point pen or a pencil through the hole in the centre, you can turn your spinner into a spinning top.

Safety Instructions

- It is not advisable to allow children under the age of 5 years to play with a Fidget Spinner. This is because some of or all of parts, such as the central bearing, can on some spinners, be removed, which could prove hazardous to young children if swallowed.
- Do not operate the spinner in close proximity to your own or another person's face or eyes. A spinning object could cause injury.
- Do not throw or skim the spinner through the air. It is only for use with hands and fingers or laid on a flat surface.
- Do not use your spinner whilst operating machinery or within the vicinity of moving machinery.
- Do not operate your spinner in conjunction with any type of power tools.
- Children under 12 years of age should only use white spirit or any similar cleaning products under adult supervision.
- The first thing to remember before operating your spinner is if you drop your spinner onto a hard surface it can become damaged.
- If you add oil or WD40 to your spinner's bearings this will allow dust to stick, which will in time slow down the action of the bearings.

Further Information and Support

We want you or your child to enjoy using our quality Fidget Spinner, which has been manufactured to exceptionally high standards. Please ensure all instructions are read and understood.

Our Fidget Spinners are designed solely for use with hands and fingers, and are ideal aids to symptoms of ADHD in children and stress related issues in adults. They are however intended for entertainment and amusement purposes only. No assurance is given or implied that these toys offer any kind of remedy, cure or medical benefits.

All Fidget Spinners are thoroughly inspected by our quality controllers before despatch. In the unlikely event you receive a Fidget Spinner which is damaged or does not operate as expected, please contact our customer support team immediately and we will send you a replacement.

For further information please visit our website: www.xxxxxxxx.com