

WYRKSHOP MOBILE MAKERSPACE

Self-Management Fidget



**ESTIMATED TIME: 1 HOUR PLUS
PRINT TIME**

OBJECTIVES:

- Managing one's emotions
- Identifying and using stress management strategies

LIFE SKILLS LEARNED:



LESSON PLAN VIDEO:

<https://youtu.be/LQWTSeheEKE>

or scan this

LEVEL: 2



MATERIALS NEEDED:



Laptop with Cura software



3D printer filament



3D printer



USB or SD Card

ACTIVITY OUTLINE:

STEP 1:

Find a model, we recommend using [Thingiverse](#) which is an online repository for all things 3D printed. Just search for “[fidget spinner](#)”

STEP 2:

Next, load your model into Cura and slice it according to your machine and filament. Once sliced, save onto a USB or SD card (depending on your machine).

STEP 3:

Print – Load your filament into the 3D printer and put in your SD card or USB drive. Now, click on your model and start to print! Make sure to watch your model until the first layer is laid down.

STEP 4:

Ready, set, fidget! Once your fidget toy is done printing, remove it from the printer and scrap any leftover rafting materials (the extra filament that adheres the print to the bed).

REFLECTION QUESTION!

What was the most challenging part for you in this project and how were you able to manage it?

When do you reach for your fidget toy? Is it during a long lecture, when you are thinking through a problem or just when you are bored?