ABSTRACT

Children with ADHD experience difficulties in the learning process because their focus is very easily distracted and eventually their attention span becomes very short. Low dopamine levels also make it more difficult for ADHD to focus. One way to increase dopamine is to move your limbs, even if you only move your hands. The activity of moving the hands to release feelings of anxiety can be helped with fidget toys. Fidget toys are commonly used for Autism and ADHD therapy. However, children with ADHD have their own needs and preferences regarding choosing the right fidget toy. This study aims to redesign fidget toys that can increase the focus of children with ADHD. The benefit is helping children with ADHD to do activities that require more concentration. The research method used is qualitative with case studies and the design method used is SCAMPER. Data collection through literature review in the form of books, journals, magazines, and sheets. Then empirical studies through interviews with child psychologists and co-teachers of children with ADHD as well as materials and toy specialist. The results of the research are fidget toy products that suit the preferences of children with ADHD aged 6-10 years with inattention types and combinations with mild to moderate severity.

Keywords: ADHD, Focus, Children, Fidget Toy, Toys