

Annotated Bibliography
Jalen Bowman-Whitaker

Source 1: How Fidgeting Sharpens Your Focus

<https://www.additudemag.com/focus-factors/>

“ADHD Fidgeting Builds Focus: Body-Brain Connections.” *ADDitude*, 2 June 2021, <https://www.additudemag.com/focus-factors/>. Accessed 25 January 2023.

I like this source because it's one of my other ones that also go into the science of fidgeting. The information it provides is about the body-brain connection to fidgeting and how it sharpens your focus. Also how everything you do with your body affects your brain just as much, and vice versa. This would be beneficial to my capstone project because it provides lots of scientific support and I'd like to include as many facts as I could.

Source 2: 3D Printing Steps

<https://www.bcn3d.com/the-beginners-guide-to-3d-printing-6-steps/>

BCN3D Technologies, Inc. "How to 3D print? The Beginner's Guide to 3D Printing." *BCN3D*, 12 July 2020, www.bcn3d.com/the-beginners-guide-to-3d-printing-6-steps/. Accessed Jan. 2023.

I find this source to be beneficial because it goes through each step necessary to 3D printing, which is something I'll have to learn and get familiar with since I'll be creating my own fidget toys. Especially since this source is a beginner's guide and goes through everything in a simple way easy for beginners to learn with. Right now, I haven't began 3D printing yet exactly because I'm finishing up with my brainstorming phase. As I begin to make progress in my project is when I'll be able to put these plans into action. I have absolutely no experience in 3D printing or anything like that, so I find sites like this to be extremely helpful. Besides the fact of having engineer friends and an engineering teacher to rely on.

Source 3: Interview on Mental Stress

<https://www.mckinsey.com/industries/healthcare/our-insights/improving-mental-health-an-interview-with-one-minds-garen-staglin>

Coa, Erica. "Improving mental health: An interview with One Mind's Garen Staglin." *mckinsey.com*, 16 Aug. 2021,

www.mckinsey.com/industries/healthcare/our-insights/improving-mental-health-an-interview-with-one-minds-garen-staglin. Accessed 25 Jan. 2023.

I found this source to be helpful and reliable because it's in an interview formation. It felt more personal to the audience and felt more authentic instead of forced or scripted like a lot of different websites might. The way I'll implicate this into my capstone project is by taking some of the notes and helpful or impactful quotes that she included and use them as a section in my interview for my capstone projects and videos and such. I think this would benefit my project in the best way. I like how the audience can take inspiration from the interviewee and use it to impact their own lives.

Source 4: Fidget Spinner Creation

<https://www.youtube.com/watch?v=r6tjpSxhbCw>

"FIDGET SPINNER! Easily Make Your Own with 3D Printing!" *Youtube*, uploaded by Joey Telling, 7 Apr. 2017, www.youtube.com/watch?v=r6tjpSxhbCw. Accessed 24 Jan. 2023.

Similar to my first source, this one helps me with the whole process of 3D printing and such. It's also kind of like a beginner's guide, but just with a specific type of design, not 3D printing as a whole. That's basically what differentiates this source from my other source on 3D printing. Also, the fact that this is a youtube video and not just a website. It allows me to follow along more clearly instead of just reading along the page. It's something that I think would be easy for me to follow along with, besides getting help from my peers that are familiar with this type of material.

Source 5: Why We Fidget

https://www.youtube.com/watch?v=71PB_Rulk5M

"How to Improve Your Focus by Fidgeting." *Youtube*, uploaded by Jessica McCabe, 12 Jan. 2016,

www.youtube.com/watch?v=71PB_Rulk5M. Accessed Jan. 2023.

I found this source to be extremely helpful, as well as informative. This source informed me on how ADHD and fidgeting or constant movement are related. There were more connections in everything than I thought. I found it helpful because the YouTube channel that I got the video off of was a channel focused around ADHD and fidgeting as well, which allowed me to learn a lot as an audience member as she was explaining everything she had to say. Also, seeing all of the varieties of fidget toys that she provided at the end of the video gave me a bit of inspiration in my own designs and things I could do to improve mine.

Source 6: How Fidget Toys Help With Anxiety

<https://www.forbes.com/health/mind/fidget-toys-for-anxiety/>

Ismail, Nabila. "Your Guide To Anxiety Fidget Toys." *forbes.com*, June 2022, www.forbes.com/health/mind/fidget-toys-for-anxiety/. Accessed Jan. 2023.

I found this source to be reliable and helpful because it highlights specifically why fidget toys are used for stress and anxiety. I think it's helpful that it includes it from different types of perspectives as well. I like that it also provides examples of different types of fidget toys to support my ideas and such.

Source 7: Timeline Of Fidget Spinners

<https://www.qualitylogoproducts.com/promo-university/history-of-fidget-spinners.htm>

Ledger, Kyrsten. "Who Invented Fidget Spinners and Why? The History of the Popular Toy." *qualitylogoproducts*, 23 July

2020, www.qualitylogoproducts.com/promo-university/history-of-fidget-spinners.htm. Accessed 24 Jan. 2023.

I really liked this source. I thought it was a bit different from all of the other ones I provided. I think it would be helpful and also just an interesting fact to include the entire timeline of fidget toys. I learned new things reading this source as well, including the creator and that these toys date back as far as the 1900s, even though they just recently exploded in popularity. Like I mentioned, I just plan to use this source as a little fun fact to include in the beginning or end of my capstone project. There are different reasons people use them.

Source 8: Stress Relief & Fidget Spinners

<https://www.verywellmind.com/fidget-spinners-for-stress-relief-4150076>

Scott, Elizabeth. "Using Fidget Spinners for Stress Relief." *VeryWellMind*, 5 July 2020, www.verywellmind.com/fidget-spinners-for-stress-relief-4150076. Accessed 25 Jan. 2023.

I found this source to be helpful because it supports the ideas that I have present in my capstone project. Similar to some of my other sources, it really goes in depth to what the connections between mental stress, mental health and fidgeting. It explains why it's a thing and why it's so impactful on people's lives. It makes connections between different types of mental things like ADHD and how that also has an impact on those peoples' lives.

Source 9: Psychology Behind Fidgeting

<https://theswaddle.com/why-we-fidget-its-a-coping-mechanism-not-a-sign-of-boredom/>

"Why We Fidget: It's a Coping Mechanism, Not a Sign of Boredom." *The Swaddle*, edited by Rajvi Desai, 4 July

2019, theswaddle.com/why-we-fidget-its-a-coping-mechanism-not-a-sign-of-boredom/ Accessed Jan. 2023.

The psychology behind why people fidget is very interesting and one of the first things that I began looking into. I found this source to be very informative and provided me with lots of things that I didn't know and also things that I had an idea of. I liked this source because in my own capstone, I plan to have a section related directly to the psychology of fidgeting and why people do it. There's a variety of reasons, but yeah, that's how I would incorporate this source into my capstone project.

Source 10: Sensory Behind Fidgeting

<http://blog.sensoryedge.com/the-science-behind-fidget-toys/>

“The Science Behind Fidget Toys.” *SensoryEdge*,

<http://blog.sensoryedge.com/the-science-behind-fidget-toys/>. Accessed 25 January 2023.

I like how this source really goes into depth of the science and deeper meaning of fidgeting and how it has always been helpful to children and more. Fidget toys are usually used to sharpen childrens’ brains and impact them in a positive way. They provide lots of different examples to how exactly fidgeting is beneficial. For example, relieving anxiety, stimulating your brain, improving scholastic achievements and much more. I plan to use all of these examples in my capstone project to support my ideas and strengthen them as well.

Source 11: How Fidgeting Sharpens Your Focus

<https://www.additudemag.com/focus-factors/>

“ADHD Fidgeting Builds Focus: Body-Brain Connections.” *ADDitude*, 2 June 2021,

<https://www.additudemag.com/focus-factors/>. Accessed 25 January 2023.

I like this source because it’s one of my other ones that also go into the science of fidgeting. The information it provides is about the body-brain connection to fidgeting and how it sharpens your focus. Aslo how everything you do with your body affects your brain just as much, and vice versa. This would be beneficial to my capstone project because it provides lots of scientific support and I’d like to include as many facts as I could.