

## Assembly Resource

Read the information below about the Pop-It sensory toy. What do you think of Pop-Its? Have you found that these types of toys have ever helped you in any way?

### What is a Pop-It?

The Pop-It sensory toy (pictured right) is a fidget toy where the user pops the bubbles in and out, a bit like never-ending bubble wrap!

They have gained huge popularity following the hashtag #popit which has had over 2.5 billion views on TikTok!



### How can Pop-Its help people?

For many they are a fun toy to play with, but for others, sensory toys such as Pop-Its are used as a way of helping reduce stress. Sensory toys usually activate one of our senses, for example sight, hearing or touch and can help us to concentrate on just that one thing or one repeated action. This can be useful if we are feeling scared, overwhelmed or worrying about something.

### What do you think of Pop-Its?

*I think they are bad for the environment.*

*Max, age 10*

*I think they are good; I feel much calmer when using it!*

*Jess, age 9*

*We're allowed to use them at breaktime, but not in lessons which I think is fair.*

*Luke, age 7*