

# FIDGEE, sensory toy crochet pattern



# INTRODUCTION

Thank you for choosing my pattern! I hope you enjoy making it. If you share the finished product on social media, please tag me as the designer of the pattern.

## Happy crocheting!

You can find me on these social media platforms. If you like my designs, follow me so that you don't miss my newest creations. You can click on the logos below!



# About sensory toys

Perception is fundamental for many of us, as we see, hear, touch, smell and taste every day. However, the way we perceive is not the same for everyone, because the way our brains work, and therefore the way we perceive, is different for every person. Our senses include not only these, but also balance and body sensation.

Children (and adults) with differently developed nervous systems have other ways of perceiving the world. Sensory Processing Disorder (SPD), also known as Sensory Integration Disorder, is a condition in which the brain has difficulty processing and responding to information received through the senses. These senses include sight, sound, touch, taste, smell, as well as the internal senses related to balance and body awareness (proprioception). Individuals with SPD may experience heightened sensitivity or low sensitivity to sensory input, leading to challenges in everyday life. The name and description of the diagnosis originated in America in the 1970s and is attributed to Anna Jean Ayres, the creator of Ayres Therapy.

Sensory toys are designed to engage and train these senses. Toys for children with SPD help to develop their visual, auditory and tactile processing skills, as well as their fine motor skills. The colour, shape and touch of these toys develop children's basic skills, stimulating one or more of their senses. This is very important for the development of young children, as they need this kind of stimulation to understand their environment and it is also essential for brain development. The sensory experiences that children have during the first three years of life have a long-lasting impact on their lives.

# About Fidgee crochet pattern

Dear Crocheter,

please take this crochet pattern as a base that you can develop and adapt as you wish.\* The purpose of making the toy is to adapt it to the needs of the person you are making it for, whether there is a sensory integration disorder, anxiety or neurodiversity (i.e. autism spectrum disorder).

If you want to make more limbs or other accessories, add a ringer or a aromatic herb (such as lavender), the only limit to how you can make the toy is your imagination.

In this pattern, I show you, how I made mine and give you some tips on how you can add to it or shape it to your own needs. I hope you enjoy the figure! If you make it for yourself or for someone else, I hope that this crocheted toy will give support in everyday life!

Happy crocheting!

Rebeka

\*I still have the copyrights even after the pattern has been modified! Please tag me as the designer of the pattern after the toy is finished.

# NOTES

- There are hyperlinks in the pattern, so you can click on the blue and underlined words and it will lead you to the corresponding part of the document.
- If you make this toy for an infant or a toddler, please take into consideration the toy making laws and regulations. For safety reasons, embroider the face. If you use safety eyes and nose, please pay attention to the fact that adult supervision is required. Products that contain small parts may pose a choking hazard and should not be given to children under 3 years old.
- Some of the illustrations were not created while making this particular toy, so the colour of the plush toy shown in the pictures may differ from the pattern. This, however, makes no difference, as the methods are the same.
- If you are using another type of yarn than the one mentioned in the pattern, the finished size of the toy may be different. In this case, choose the hook size accordingly!
- Work in a spiral unless the pattern states otherwise!
- For the more difficult parts, there are video tutorials as well.
- I made this crochet figure with X stitch single crochets, if you make it with V stitch single crochets, it may differ somewhat from what you see in the picture.

## PLEASE!

If you use my pattern, please respect my copyrights.

**This pattern is for personal use only. The finished product is not to be mass produced or factory produced in any way. It is forbidden to duplicate, distribute, resell or share this pattern or any part of it. Translation into other languages is not allowed. If you intend to sell the finished product, please name me as the designer of the pattern.**

# TOOLS AND MATERIALS NEEDED

- 2.5 mm crochet hook (or 3 mm)
- fluffy yarn (50 g / 115 m; fine (2) ) – in any colour you like
  - if you feel the 2.5 mm crochet hook is too tight, you can also use a 3 mm crochet hook
  - the yarn can be replaced with any soft yarn of similar thickness!
- cotton yarn (50 g / 125 m; fine (2)) – in any colour you like (I use for mine 3 different colour)
  - at this part you can change the yarn material and thickness (if you would like), you can even use up leftover yarns!
- pom pom maker or a fork to make the pom pom
- black yarn or embroidery thread for embroidering the face
- stuffing

\* I used the following type of yarn for mine:

- fluffy yarn: Alize Softy
- cotton yarn: Schachenmayr Catania
- finished size with this type of yarns: 21 cm / 9 inch (from the top of hat to the bottom of legs)

# ABBREVIATIONS

MR = magic ring

Ro = row

R = round (working in rounds)

ch = chain

slst = slip stitch

sc = single crochet

hdc = half double crochet

dc = double crochet

inc = increase = work more stitches into one stitch, the number and type of stitch is indicated in parentheses. e.g.:

- inc(2sc) = work 2 single crochets into one stitch
- inc(1sc, 1hdc) = work 1 single crochet and 1 half double crochet into one stitch

tog = together/decrease = crochet together the next stitches (the number and the type of stitches indicated before 'tog'), e.g.:

- sc2tog = the next 2 stitches are crocheted together as a single crochet
- dc5tog = the next 5 stitches are crocheted together as a double crochet
- inv-sc2tog = the next 2 stitches are crocheted together as a single crochet with invisible decrease

FLO = front loops only

BLO = back loops only

BO = bobble stitch

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# BODY

## Tools/Materials needed:

- ✓ 2.5 mm crochet hook (or 3mm)
- ✓ fluffy yarn (and optionally cotton yarn)

## You can make the body of the figure in several ways:

**Version 1:** Crochet this part of pattern only with fluffy yarn!

**Version 2:** Crochet the body with cotton yarn, but work only in the BLO-s! When you are done, start to crochet at the beginning of your ball, pick up the fluff yarn at the 1st FLO! Work 1 sc in each stitch in the FLO-s with the fluffy yarn until to reach at the end of the figure. So you have an extra texture!

**Version 3:** Crochet the body with cotton yarn, but work in the BLO-s every 2<sup>nd</sup> or 3<sup>rd</sup> row. Similar to the previous version, pick up the fluffy yarn in the FLO-s and crochet along the rows with sc or another stitch of any height. This way you can add extra texture to the toy!



<b>R1:</b>	<b>MR with 6sc</b>	<b>(6)</b>
<b>R2:</b>	<b>[ inc(2sc) ]*6</b>	<b>(12)</b>
<b>R3:</b>	<b>[ 1sc, inc(2sc) ]*6</b>	<b>(18)</b>
<b>R4:</b>	<b>[ 2sc, inc(2sc) ] *6</b>	<b>(24)</b>
<b>R5:</b>	<b>[ 3sc; inc(2sc) ] *6</b>	<b>(30)</b>
<b>R6:</b>	<b>[ 4sc, inc(2sc) ] *6</b>	<b>(36)</b>
<b>R7:</b>	<b>[ 5sc; inc(2sc) ] *6</b>	<b>(42)</b>
<b>R8-14:</b>	<b>42sc</b>	<b>(42)</b>
<b>R15:</b>	<b>[ 5sc; sc2tog) ] *6</b>	<b>(36)</b>
<b>R16:</b>	<b>[ 4sc; sc2tog) ] *6</b>	<b>(30)</b>
<b>R17:</b>	<b>[ 3sc; sc2tog) ] *6</b>	<b>(24)</b>



# BODY

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Start to stuff the body! If you would like on this point you can add the ringer or a little bag with aromatic herbs.

R18:	[ 2sc; sc2tog ] *6	(18)
R19:	[ 1sc; sc2tog ] *6	(12)
R20:	[ sc2tog ] *6	(6)

**Fasten off and weave the ends.**

**Comments/Notes:** If you have crocheted the base with cotton, then crochet in the round in the FLO-s according to your chosen option. In each case, fasten off and weave the end

# ARMS (2x)

## Tools/Materials needed:

- ✓ 2.5 mm crochet hook (or 3mm)
- ✓ cotton yarn / or the yarns of your choice

Here you can change the pattern as you like: use even thicker of cotton, or acrylic, which whatever you like.

R1:	MR with 6sc	(6)
R2:	[ 1sc; inc(2sc) ] *3	(9)
R3:	[ 2sc; inc(2sc) ] *3	(12)
R4-6:	12sc	(12)

Start to stuff! Here you also have the possibility to fill it with other material (such herbs, wooden ball)!

R7:	[ 2sc; sc2tog ] *3	(9)
R8:	[ 1sc; inc(2sc) ] *3	

Chain 20. Start from the 3rd chain from the hook:

[ 1hdc; 5dc BO (= bobble stitch with 5 dc) + 1ch; 1hdc ] \*6. When you have reached the end of the ch-s, fasten with an slst to the first st of R9.

### [Illustration 1: Crocheting the arms](#)



Fasten off (no hole at the hands), weave the ends. To sew on, cut new yarn and attach the end of the arms to the body! Sew arms on each side of the body.

**Comments/Notes:** You can make multiple arms for your figure, which you can sew onto the figure as you like! The bubbles can be popped in and out.

# LEGS (2x)

## Tools/Materials needed:

- ✓ 2.5 mm crochet hook (or 3mm)
- ✓ cotton yarn / or the yarns of your choice

Here you can change the pattern as you like: use even thicker of cotton, or acrylic, which whatever you like.

R1:	MR with 6sc	(6)
R2:	[ 1sc; inc(2sc) ] *3	(9)
R3:	[ 2sc; inc(2sc) ] *3	(12)
R4-6:	12sc	(12)

Start to stuff! Here you also have the possibility to fill it with other material (such herbs, wooden ball)!

R7:	[ 2sc; sc2tog ] *3	(9)
R8:	[ 1sc; inc(2sc) ] *3	

Chain 20. Start from the 2rd chain from the hook: [ inc(3hdc) ]\*19. When you have reached the end of the ch-s, fasten with an slst to the first st of R9.

### [Illustration 2: Crocheting the legs](#)

Fasten off (no hole at the foot), weave the ends. To sew on, cut new yarn and attach the end of the legs to the body! Sew legs on bottom of the body.

**Comments/Notes:** You can make multiple legs for your toy, which you can sew onto the figure as you like! The legs can be dragged or crumbled.



# HAT

## Tools/Materials needed:

- ✓ 2.5 mm crochet hook (or 3mm)
- ✓ cotton yarn / or the yarns of your choice:  
need two different colour: (A) colour and (B) colour

Here you can change the pattern as you like: use even thicker, leftover yarn, or wool instead of cotton, or acrylic, which whatever you like. If you use a thicker yarn, you can reduce the the number of rows so that the cap is not too big for it!



**Start with (A) colour!**

R1: MR with 6sc (6)

R2: [ 1sc; inc(2sc) ] \*3 (9)

R3: 9sc (9)

**Change to (B) colour!**

R4: [ 2sc; inc(2sc) ] \*3 (12)

R5: 12sc (12)

**Change to (A) colour!**

R6: [ 3sc; inc(2sc) ] \*3 (15)

R7: 15sc (15)

**Change to (B) colour!**

R8: [ 4sc; inc(2sc) ] \*3 (18)

R9: 18sc (18)

**Change to (A) colour!**

R10: [ 5sc; inc(2sc) ] \*3 (21)

# HAT

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R11:	21sc	(21)
	Change to (B) colour!	
R12:	[ 6sc; inc(2sc) ] *3	(24)
R13:	24sc	(24)

Fasten off and weave the ends. Leave a long yarntail for sewing. Stuff the hat (or not) and sew it onto top of the body, as you like!

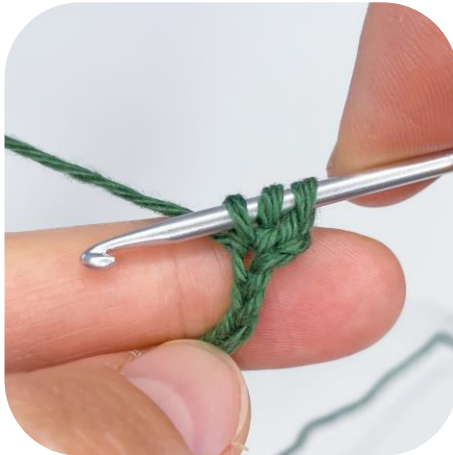
Make a little pompom (approx. 2cm / 1 inch in size) just one colour or both, and sew it on top of the hat!

**Comments/Notes:** If you don't have a pom pom maker, you can use a fork to make a pom pom. Wind the yarn around the fork several times (I wound it about 70 times), then knot it tightly in the middle. Cut the loops on either side of the fork with a thin pair of scissors, reinforce the knit in the middle of the pompom (with a new knit) if necessary. Arrange into a ball shape, then use a pair of scissors to shape it evenly. The pompom gives a good opportunity for fidgeting.

**CONGRATULATIONS!  
YOUR FIDGEE IS READY!**



# Illustration 1 – Crocheting the arms



**STEP 1:** Chain 20. Start from the 3rd chain from the hook. Crochet 1hdc. In the next stitch start to crochet the bobble stitch with dc-s.



**STEP2:** At the bobble stitch: at first yarn over, pull a loop from the stitch, and yarn over again an pull it through the first 2 loops. Leave the other 2 loops on the hook and start to crochet the next dc. Repeat it 4 times (You'll have 6 loops on the hook). Yarn over one last time and pull throuhj all loops. Chain 1.

# Illustration 1 – Crocheting the arms



**STEP 3:** In the next stitch crochet 1 hdc. You are finished with the 1st bobble, repeat this steps 5 more times. The arm is ready. Make one more!



## Illustration 2 – Crocheting the legs



**STEP 1:** Chain 20. Start from the 2nd chain from the hook.



**STEP 2:** Crochet 3 hdc in the same stitch ( =inc(3hdc) ). Repeat it 19 times (in each stitch). The leg is ready. Make one more!