

## Feeling *Fidgety*?

### Flick a *Rubber Band*



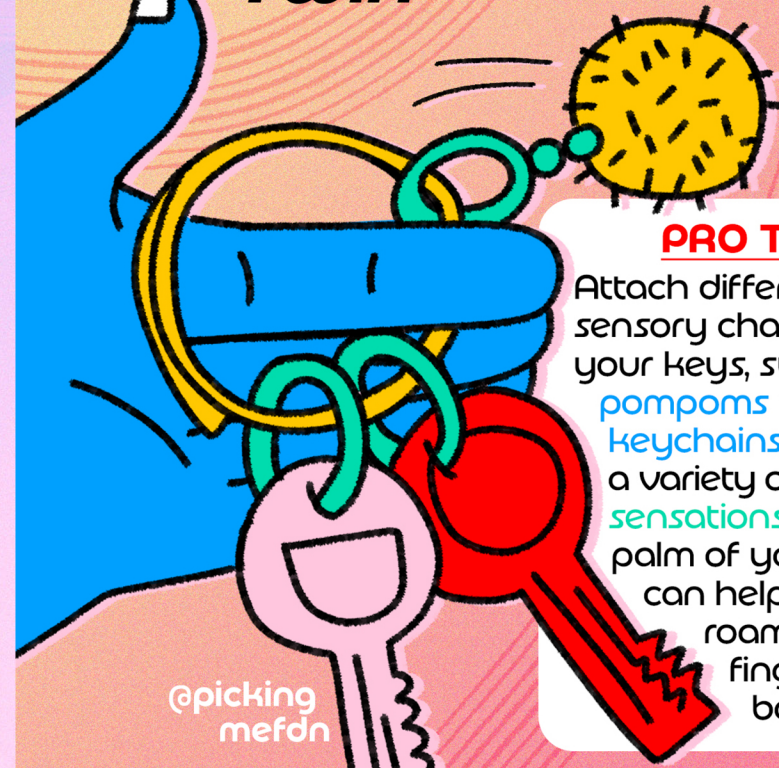
#### **PRO TIP:**

Wear **colorful rubber bands** as bracelets to stretch, flick & snap during **restless finger moments**.

@pickingmefdn

## Feeling *Fidgety*?

### Twirl a *Keychain*



#### **PRO TIP:**

Attach different sensory charms to your keys, such as **pompoms** or **fidget keychains**. Having a variety of **fidgety sensations** in the palm of your hand can help keep roaming fingers at bay.

@pickingmefdn