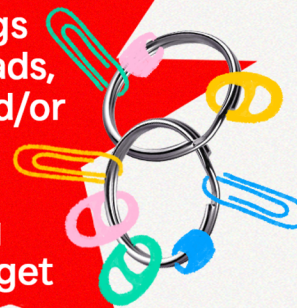


National Handmade Day

DIY Fidget Ideas

Take key rings & attach beads, soda tabs and/or paper clips to create a satisfying sensory fidget



Grab extra thick water balloons & fill with 2 cups of baking soda & 1/2 cup of hair conditioner to make a soothing squish ball



Tie together colorful rubber bands to make a stretchy bracelet and fidget. Check out WOW! Paper Craft's "How to make a rubber toy" video on YouTube for an awesome tutorial



Make your own marble fidget by sewing together two rectangular strips of soft cloth, with a marble in between to push and rub

