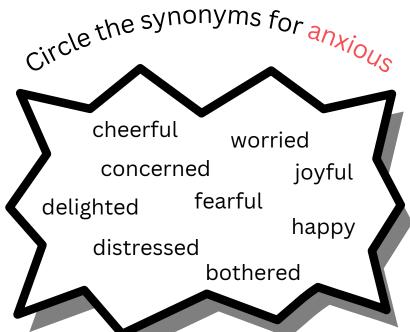
Name: ______

I feel anxious when:



Ways I can calm myself down:

This Desk Fidget Tool can be used to hold, fidget with, and refocus attention to create calm.

It is great to use for focus, calming, grounding and distraction.

I am making this tool because:

This tool will help me feel:

want my desk fidget tool to look like this