

Name: \_\_\_\_\_

I feel anxious when:

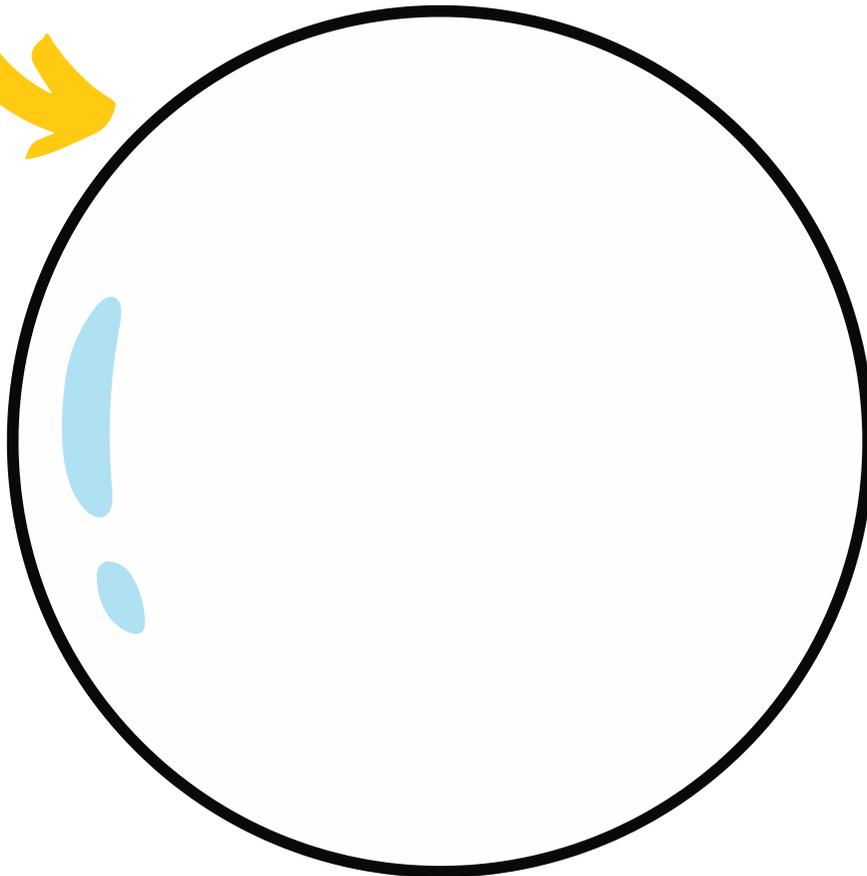
Circle the synonyms for *anxious*



Ways I can calm myself down:

**Squishy balls can be used to hold, fidget with, smell and manipulate.**  
**They are great to help with *focus, calming, grounding and distracting.***

*I want my squishy ball to look like this*



I am making this ball because:

This ball will help me feel: