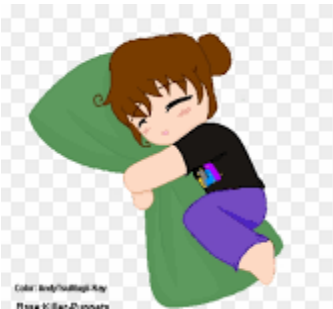


Find Fidgets/stress tools around your home!!!

Make a stress ball out of a sock! Pour rice inside sock, tie in knot 😊



*squeeze a pillow



*get out a stuffy to “pet” or squeeze



*find a smooth rock outside to hold in your hand



*Pour rice into a Tupperware container & dip your hand inside

