

Fidgets

There are several “fidget” items in this space:

Sensory Putty
Fidget Cubes
Puzzles
Balancing Toy
Liquid Spiral Cylinders
3D Maze Ball
Squeeze/Stress Balls

Fidgeting can take your mind off your
worries and help reduce stress.

To access this activity’s translations,
scan this QR code:



Or go to: <https://bit.ly/ocdefidgets>