

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

I feel anxious when:

Circle the synonyms for *anxious*

cheerful

worried

concerned

joyful

delighted

fearful

happy

distressed

bothered

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:

I want my desk fidget tool to look like this

