

COLLEGE STUDENT FIDGET TOOLS

TO INCREASE FOCUS, DECREASE STRESS, AND RELIEVE ANXIETY IN SCHOOL OR AT HOME

<p>Stress Ball & Squeeze Toys</p>  <ul style="list-style-type: none"> While cost-effective and fun, these fidgets can enhance focus when studying, while adding a playful element. (\$12 for 12 pieces) 	<p>Grip Strengthening Stress Balls</p>  <ul style="list-style-type: none"> Provides extra resistance to relieve stress and joint pain, while increasing finger strength and flexibility. (\$12 for 4 pieces) 	<p>Tangle Jr. Fidget</p>  <ul style="list-style-type: none"> Twist this device to unravel your ideas and worries. Also, explore various textures to match individual preferences. (\$12 for 3 pieces)
<p>Fidget Cube</p>  <ul style="list-style-type: none"> For people who like to press, click, spin, glide, roll, flip, and just hold something—this cube has a side for you. (\$2-10) 	<p>Roller Chain Fidget</p>  <ul style="list-style-type: none"> If you like [stress relief] then you better put this ring on it. This small device is great for discreet fidgeting in class. (\$5-10) 	<p>Marble Fidget</p>  <ul style="list-style-type: none"> A simple but effective device allowing you to bend, squeeze, shake or slide the marble inside. (\$7-10 for 10 pieces)
<p>Therapy Putty</p>  <ul style="list-style-type: none"> Harness your creativity with these various resistance levels. Think of it like chewing gum for your fingers. (\$12 for 4 containers) 	<p>Flipping Chain Fidget</p>  <ul style="list-style-type: none"> Fingers feeling restless during lecture? Flip and rotate these rings effortlessly with the added grip support. (\$5-9) 	<p>Fidget Spinner</p>  <ul style="list-style-type: none"> A weighted spinner for people who need extra sensory input to feel stimulated, and maintain attention. (\$2-20)