



**Use a
FocusFidgit**



Doodling



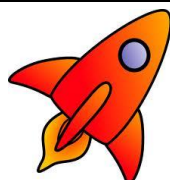
**Chew
Gum**



**Drink of
Water**



**2 minute
Errand**



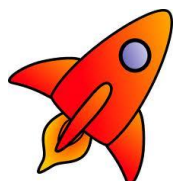
**Jump 10
Times**



**Set up a
Privacy Folder**



**Floor
Check**



**Move to a
different spot**



Headphones



**Clear Your
Desk**



**Cover poster
& computer
screens**

