

# Activities To Occupy Hands

Drawing  
Doodling  
Calligraphy  
Writing Notes  
Coloring/Coloring books  
Crocheting  
Knitting  
Embroidery  
Cross stitch  
Painting  
Origami  
Play-doh  
Kinetic Sand  
Collaging  
Scrapbooking  
Legos  
Making Friendship Bracelets  
Petting Your Cat/Dog  
Manicure  
Pedicure  
Making and Playing with Slime  
Crosswords  
Word Searches  
Sudoku  
Using Your Fidgets

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