

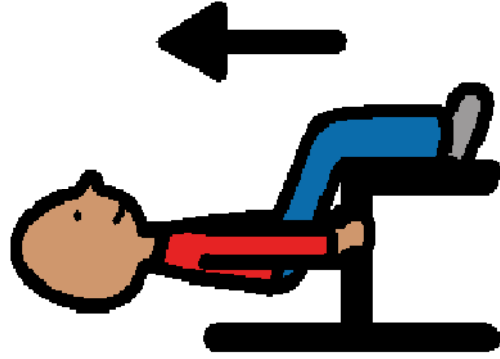
hand squeeze



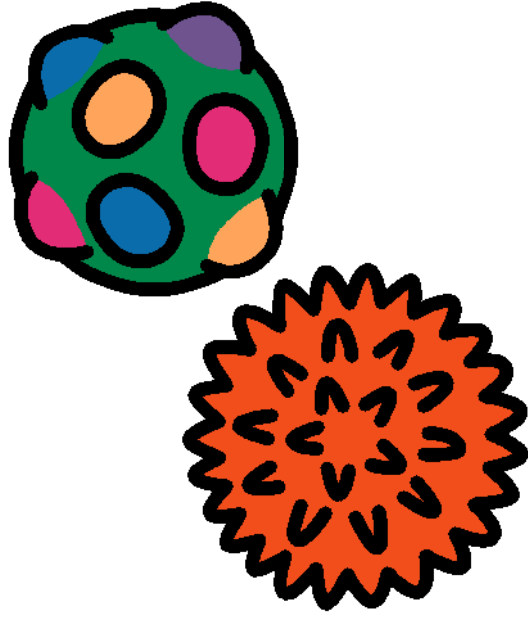
chair band



chair push-ups



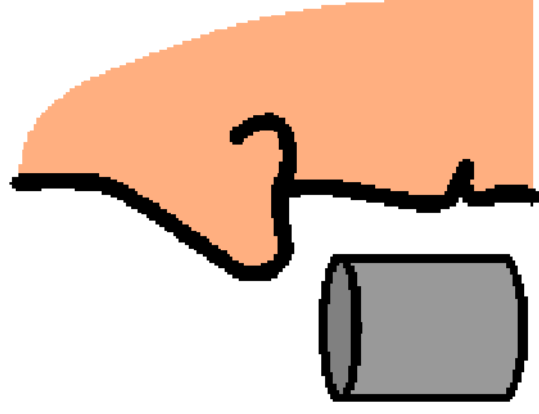
fidget tool



knee hug



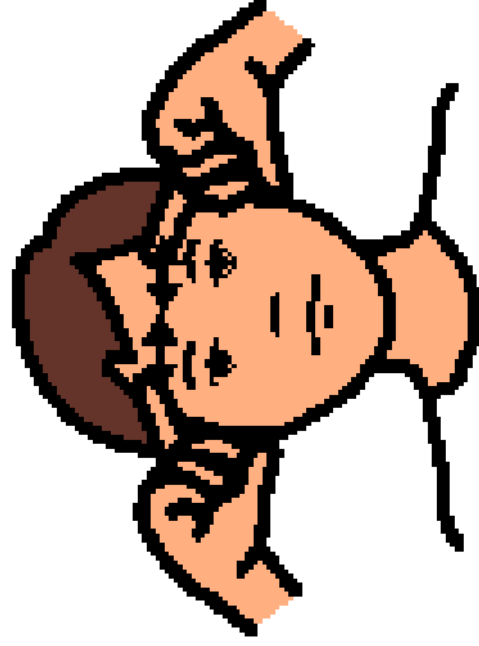
smell bottles



arm pull



pressure points



belly breath

