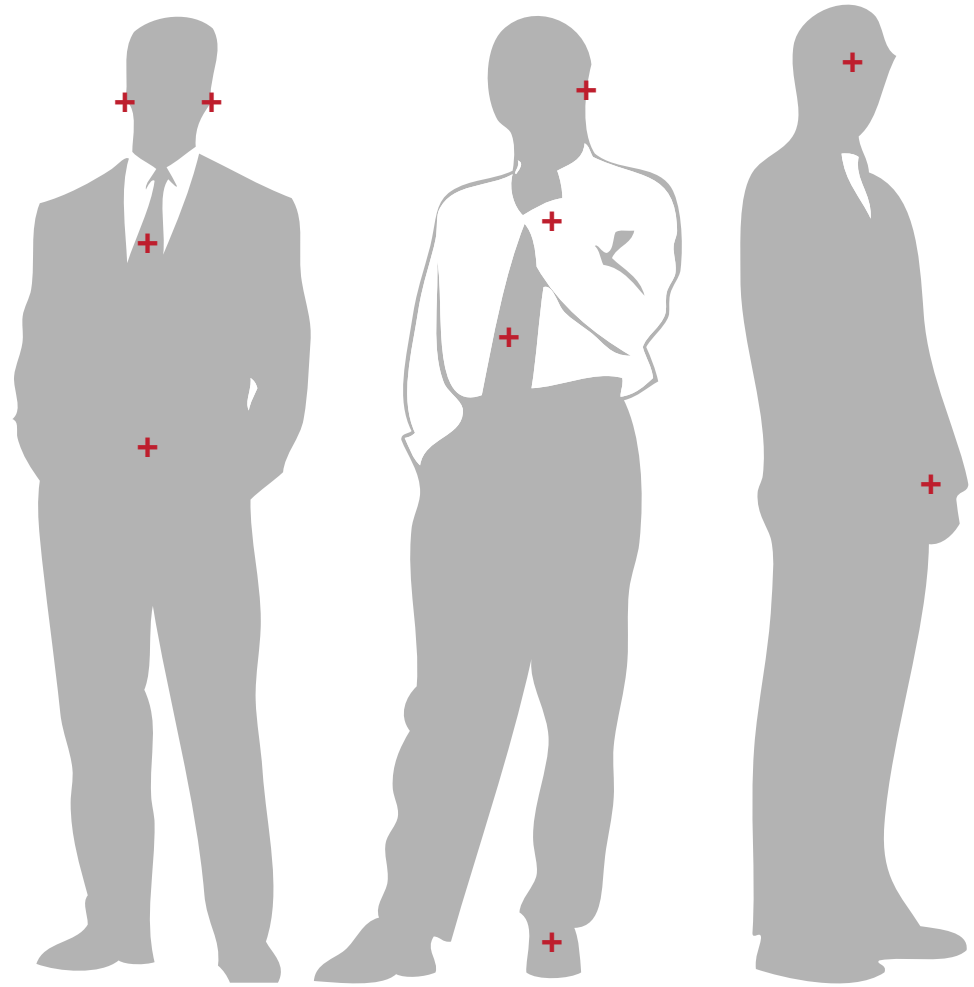


...Possibilities?

+what are some things that adults have/use (existing products) that can be manipulated to help the lack of focus?

- +Watches
- +Necklaces
- +Bracelets
- +Rings
- +Earrings
- +Shoes
- +Tie Clip
- +Phone Case

- +Pencil
- +Pen
- +Eraser
- +Desk
- +Buttons
- +Steering wheel
- +Shifter
- +Belt



+I then needed to find out how or in what way should I design these products so that they work in the way that I need while still serving its function and not drawing attention to the user

What are normal fidgets that people do mindlessly on a daily basis?

- +Wiggling toes
- +Balancing on back two legs of a chair
- +Rocking, rhythmic movement
- +Doodling
- +Running, walking
- +Pacing
- +Driving a car...fast.
- +An arm extended to fall asleep
- +Standing
- +Fidgeting with hair, coins, keys
- +Clicking a pen/mechanical pencil
- +Tapping/drumming fingers
- +Knitting, sewing
- +Cooking, kneading, stirring

- +Silkies to rub
- +Glancing out a window
- +Channel surfing
- +Playing video games
- +Using colorful tools
- +Noticing details in the environment
- +Music; rhythmic music, loud or soft music
- +White noise
- +Whistling, humming
- +Talking to yourself
- +Biting nails
- +Chewing on buttons, sleeves
- +Licking, sucking or biting lips
- +Chewing on pens, gum or ice