

FIDGETING

- fidget:** to move or act restlessly or nervously
- twiddle:** to move or turn something around with your fingers many times, especially because you are nervous or bored (hair)
- crack:** cause a finger to make a sharp cracking noise
- tap:** (foot) strike one's foot on the floor repeatedly
- wriggle:** to twist your body from side to side with small quick movements
- scratch:** rub lightly or scrape, especially with the fingernails
- twist:** to wind something around or through an object
- doodle:** to draw shapes, lines, or patterns without really thinking about what you are doing
- chew:** to bite something continuously because you are nervous
- twitch:** make small sudden movements (*tiki nerwowe*)
- jerk:** push, pull, twist or move suddenly } connected with illness rather
- squirm:** wriggle, twist the body }
- fiddle:** to move things aimlessly in one's fingers