

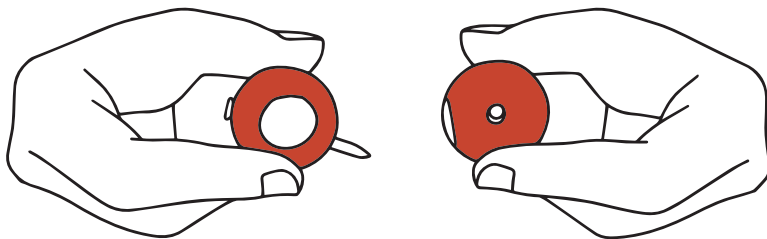
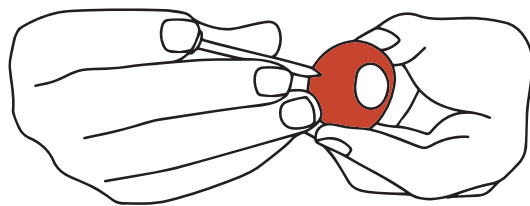
MAKING YOUR OWN STIM TOY

Anything can be a stim toy or tool, even if you don't have the means to purchase one.

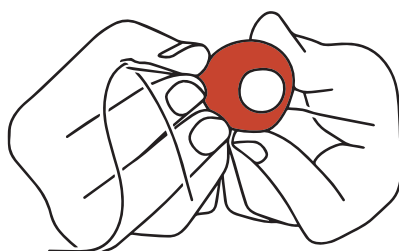
Here's a cheap, accessible, and environmentally-friendly tutorial on how to create a stim toy of your very own!

YOU WILL NEED:

Baking Sheet
Buckeye Nut(s)
Cotton String
Hammer or Mallet
Oven preheated to 200°F
Nail
Parchment Baking Paper
Scissors



1. HARVEST Buckeye nuts typically fall from their trees between early September to late November. Remove the husk to find the nut inside. A good nut should not have any give when pressed.

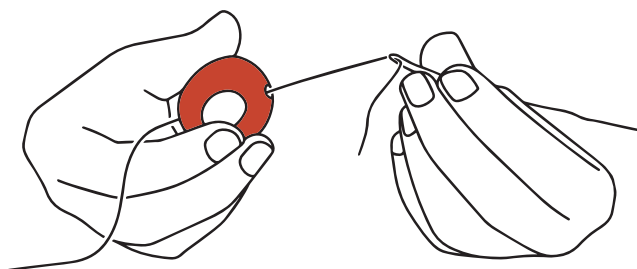


2. PREHEAT Warm up your oven to 200°F.

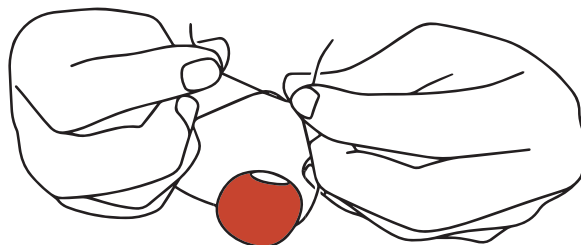
3. CLEAN Rinse your buckeyes with water and dry them fully.

4. PIERCE This is perhaps the trickiest part, so I recommend completing this step on concrete or another surface that can be damaged.

Take your newly-washed buckeyes and the nail—what you are aiming to do is create a large-enough hole for the cotton string to fit through. Using a hammer, tap the nail through the side of the buckeye, aiming for the middle of the nut until it breaches the other side cleanly. Remove the nail.



5. BAKE Line a baking sheet with oven-safe parchment paper and place your buckeyes so that they do not touch. Leave them to dry in the oven for 2-5 hours, monitoring every hour. If the holes are created correctly, there is little risk of damage.



6. THREAD Remove your buckeyes and let them sit until cool to the touch. Take about 10 inches of cotton string and thread it through the hole in the nut—I fashioned a makeshift sewing needle from a paperclip to do so, but that isn't necessary. Tie the ends of the string in a double-knot, and your stim toy is complete!

