

What Is STIMMING?

(SELF-STIMULATORY BEHAVIOUR)

Hand and Finger MANNERISMS



FINGER-FLICKING & HAND-FLAPPING
CAN LEAD TO TACTILE MANNERISMS

Tactile MANNERISMS



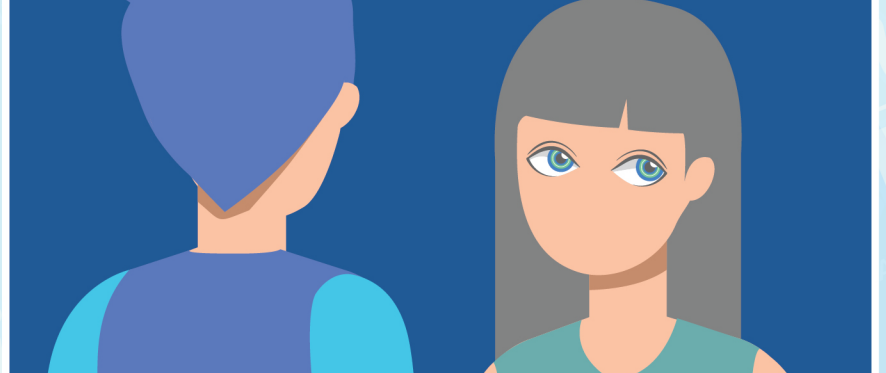
FIST CLENCHING, SKIN-RUBBING OR
SCRATCHING, WITH THE HANDS OR OBJECTS

Upper Body MOMENTUMS



ROCKING THE BODY BACK AND FORTH
WHILE SITTING OR STANDING, SPINNING
JUMPING & PACING

Visual STIMULATION



LOOKING AT SOMETHING SIDEWAYS,
MOVING FINGERS IN FRONT OF THE EYES

Taste & Smell STIMULATION



A PERSON'S SENSE
OF SMELL AND TASTE, SNIFFING OR SMELLING
PEOPLE OR OBJECTS. LICKING/TASTING
OBJECTS BY PLACING THEM IN THE MOUTH

Reasons Why STIMMING OCCURS

- When a person feels anxious or overwhelmed or uncomfortable in a social situation, it can be their way of calming their mind.
- Stimming is also a way to keep the mind on track. The repetitive motions can allow those with autism to keep focused and clear their head of distractions.
- Stimming may be about self-regulation but it can also be a way to express their needs and feelings. They may be unconsciously communicating something – often distress or discomfort.

When routine stimming behaviour becomes more intense or exaggerated, it often indicates that something in the environment is bringing about feelings of anxiety. Pay attention and you could find your child communicating these feelings through their self-stimulatory behaviour. (This can be particularly helpful if your child is nonverbal)



About Integrated International School

Founded by Dr. Vanessa von Auer, one of Asia's leading child psychologists, the Integrated International School (IIS) is built on the principle that every child is capable of success. Our ultimate goal is for all of our students to achieve their own highest level of success, whatever their learning style, by working with teachers who will adapt lesson plans to each individual student's strengths.