



# Stimming



## What is stimming?



stims



repeating movement



repeating sounds



repeating words



repeating movement of objects.



## Why stim?



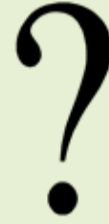
to help process information



to help with emotions



sensory feedback



something else



## What might it look like?



hand flapping



pacing



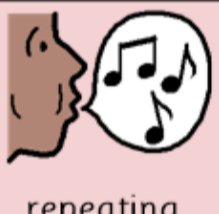
clapping



rocking



saying the same thing



repeating sounds



spinning items



rolling items



smelling



something else



## I stim when I



learn



feel stress



feel happy



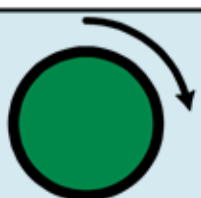
am overloaded



something else



## When I stim I



spin



chew



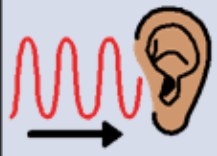
jump



run



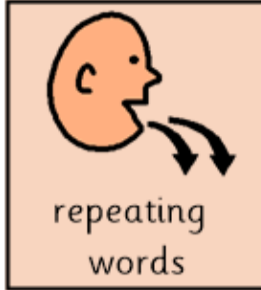
something else



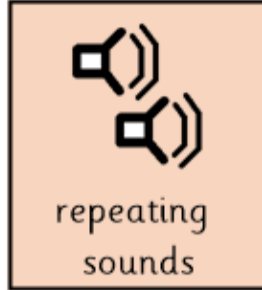
# Echolalia



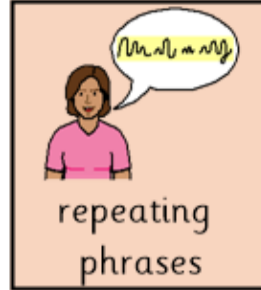
What is echolalia?



repeating words



repeating sounds



repeating phrases



Why echolalia?



to help process information



to help with emotions



sensory feedback



something else



What might it sound like?



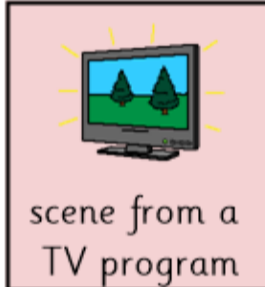
part of a song



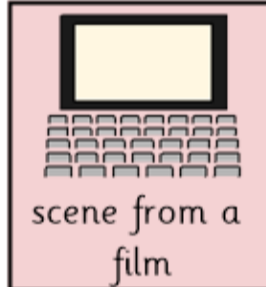
part of a rhyme



part of a book



scene from a TV program



scene from a film



scene from a cartoon



noise from a toy



alarm



previous conversation



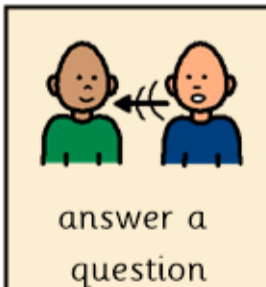
something else



I may use echolalia when I



learn



answer a question



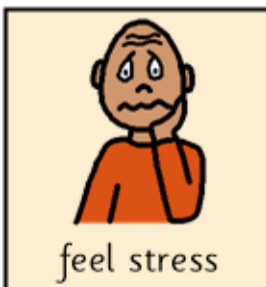
feel happy



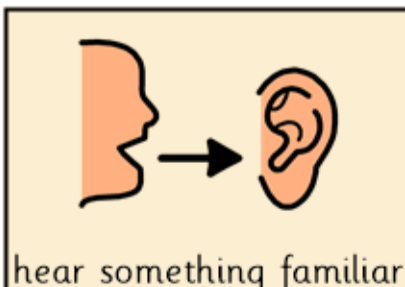
am overloaded



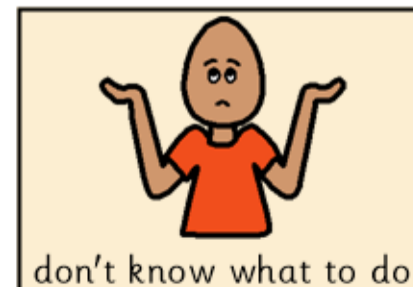
relax



feel stress



hear something familiar



don't know what to do



something else



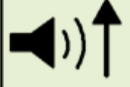
# Sensory Processing



What is sensory processing?



How the brain receives and understands messages from the senses.



## Hyposensitive



I may speak loudly



I may listen to music loudly



I may not realise you have said my name



I might not have a good memory



I might think aloud.



I need to touch things



I need to touch people



I might not realise I am hurt.



I might bring things to my mouth



I might not know I have bumped into people



I might not notice smells



I often try to smell new things



I might prefer spicy foods.



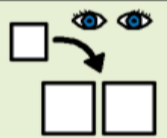
I might prefer sweet foods



I might eat food that has strong flavours.



I might like to chew a lot.



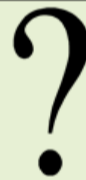
I might experience double vision



I might get tired easily.



Reading and writing might exhaust me.



something else



## Hypersensitive



I may speak quietly



It can feel sore even if someone just bumps me



Smells upset me



I might try to avoid smells



I might prefer dry foods



I don't like to be touched



I don't like touching new things



Clothes can make me very uncomfortable



I might have a good memory



alarms might distress me



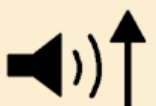
It might be difficult for me to sleep



something else



## More information



Sometimes I can be very hyposensitive



Sometimes I can be very hypersensitive



I can't control or choose to be hypo or hypersensitive