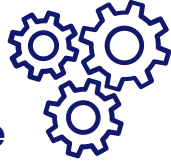


STIMMING

A human response to the environment

F U N C T I O N S

Soothe



Stimulate

Express emotions

Communicate

Take in information

Process information

Store information

Recall information

EXTREME



Extreme stims are not for pleasure, processing information, etc.

They are a sign that the Autistic person is suffering and their needs are not being met.

They're not an Autistic trait, they're a common human response to extreme distress.

TYPES



VOCAL

humming, throat clearing, singing one line of a song or text, drawing out sounds, breath holding, etc.

MENTAL

singing in your head, thinking about special interest, wordplay, rhyming, etc.



PHYSICAL

hand flapping, pacing, staring, finger clicking, swinging legs, chewing, tongue clicking, sticking out tongue, jumping, doodling, twirling hair, clapping, etc.

AUDITORY

listening to the same song or piece of music, snapping fingers, tapping, repeating words, singing, tongue clicking, etc.



TACTILE

scratching, pinching, picking, thumb sucking, rubbing feet together, touching, rubbing, etc.

VISUAL

head tilting to see from different angles, waving hand in front of face, looking at glitter, lights, reflections, etc.



OLFACTORY

smelling, sniffing, etc.