



01. Stimming refers to repetitive behaviours.

These could be repetitive movements, thoughts or sounds.

For example:

- flapping or rocking
- pacing
- humming or tapping
- repeating words or sounds



02.



Stimming can help to manage big emotions or sensory experiences.

For example:

- during new situations
- when feeling excited
- when it is too loud/bright
- in crowded spaces
- when feeling stressed

03.



Stimming can look different in everyone.

All stims are ways of coping.

Stimming is not “bad behaviour”.

Opportunities to stim without judgement creates a safe space for learning, connecting and managing big feelings.

04.

