



## Stimming Information

| <b>Child's Name</b>          | Example Name         |  |   |
|------------------------------|----------------------|--|---|
| <b>Stim</b>                  | <b>Mood of child</b> | <b>Why stimming started</b>                              | <b>Safeguarding</b><br><small>Only if stim is self injurious</small>  |
| Hand flapping                | Happy and excited    | Favourite song was played                                | Not required  |
| Banging head off of the wall | Distressed           | Change of activity                                       | Have cushions in place so they don't hurt themselves  |
| Spinning on the spot         | Joyful, so happy     | Because they love to spin.<br>Just for fun!              | Not required  |
| Skin picking                 | Quiet, stressed      | Unclear - need to ask child how they are feeling and why | Encourage child to rub skin rather than pick BUT find out cause of distress and ask what other ways they could stim to help them cope. Find solutions together. |
| Vocalising the same sound    | Happy                | Making the sound makes them happy and settled            | Not required  |
| Pacing                       | Anxious              | Visitor to the class                                     | Not required, allow child to pace   |