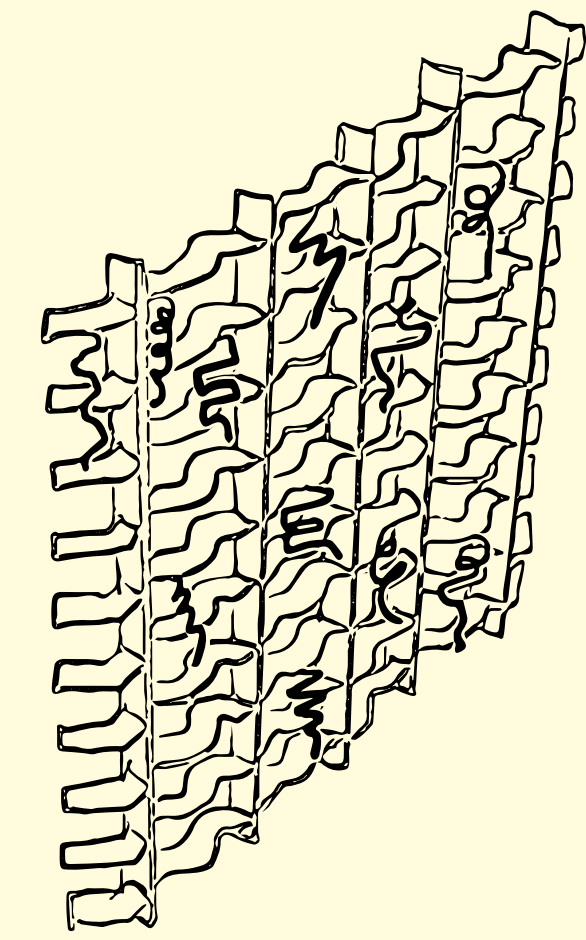


Instructions to make your own wire sculpture



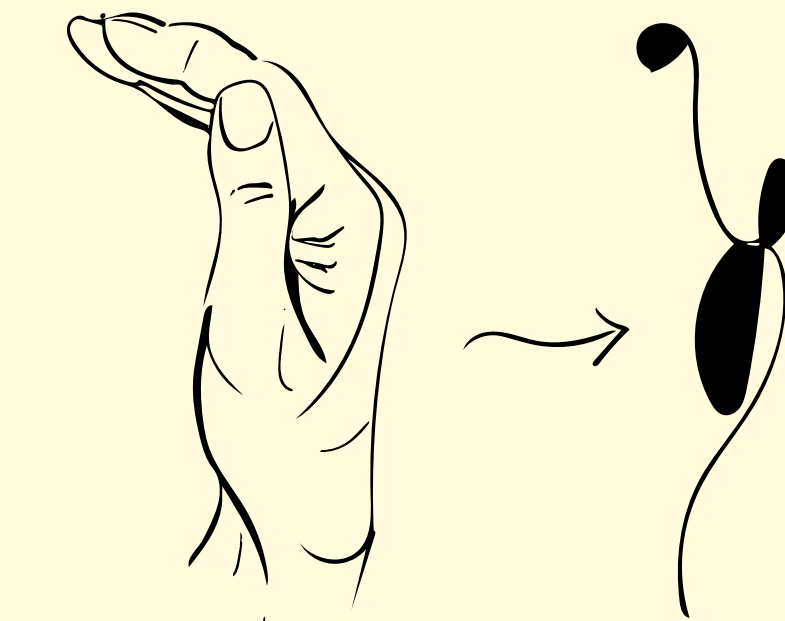
Drawing As Stimming installation



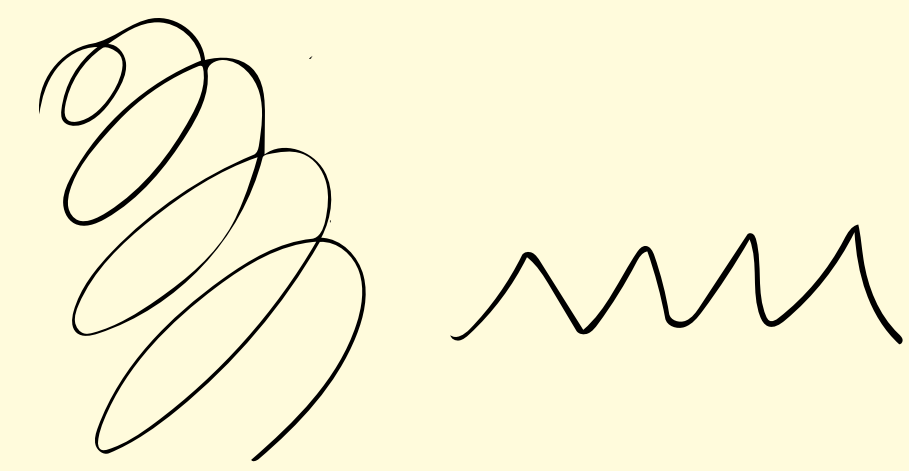
1. Think about how your hands move and the shapes that they make



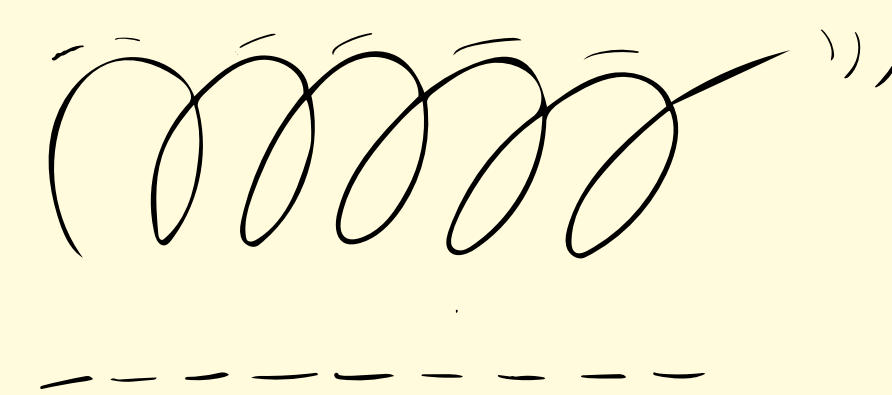
2. Do you have a hand movement that you like to repeat? Like fidgeting?



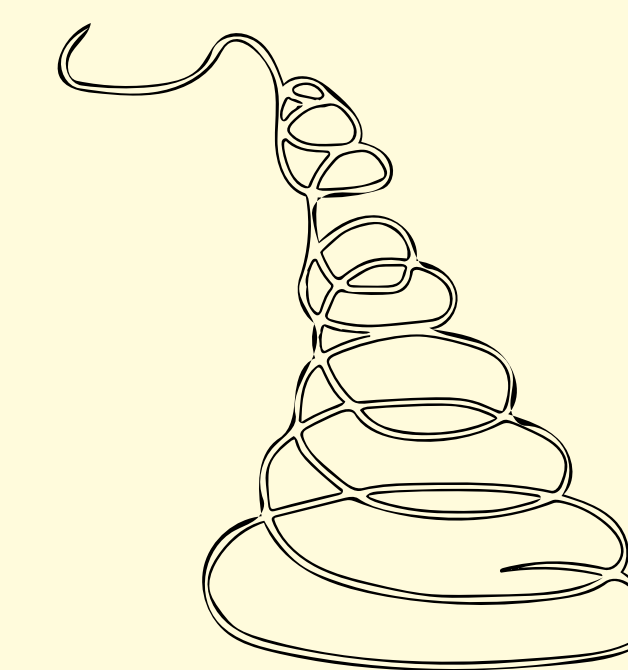
3. Can you draw the shapes of your hand movements? Think about how your hands move up and down in space when you fidget?



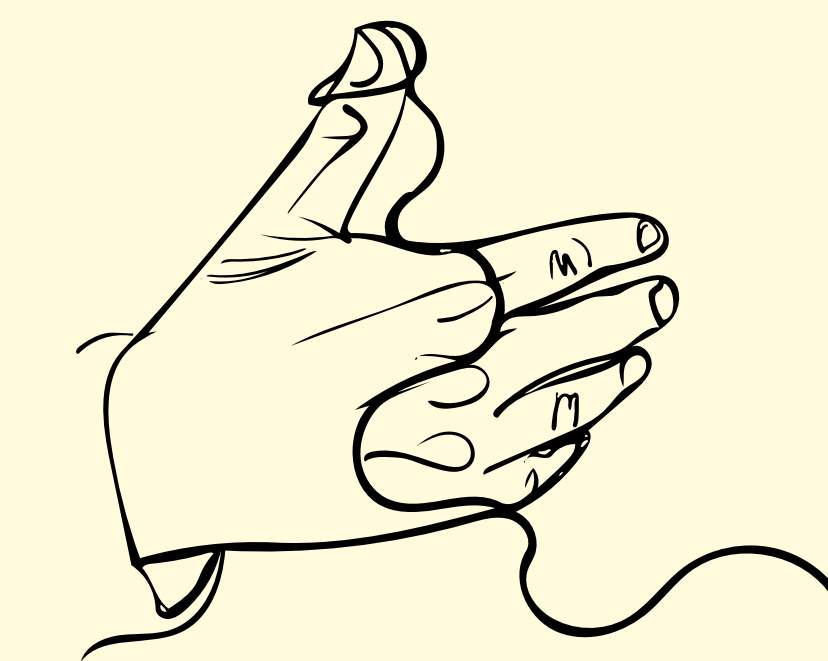
4. Is it a swirling shape, or zig zig shape, or something else?



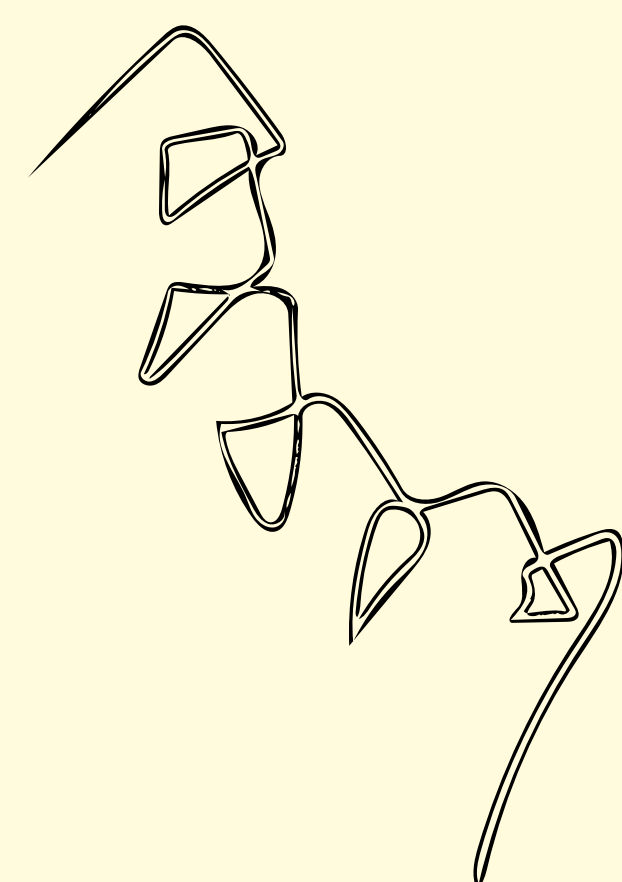
5. Is the movement fast or slow?



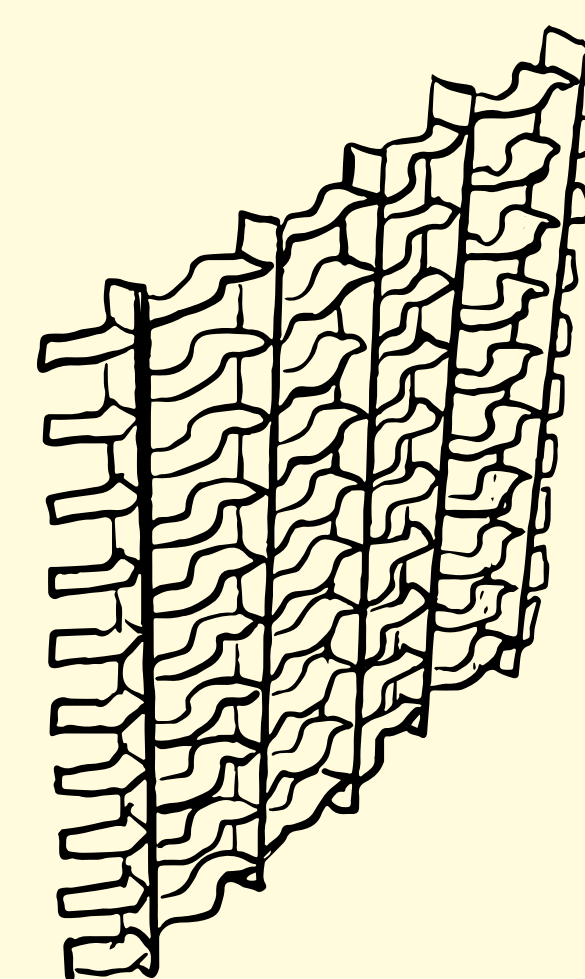
6. Once you have your drawing can you make it 3D with wire?



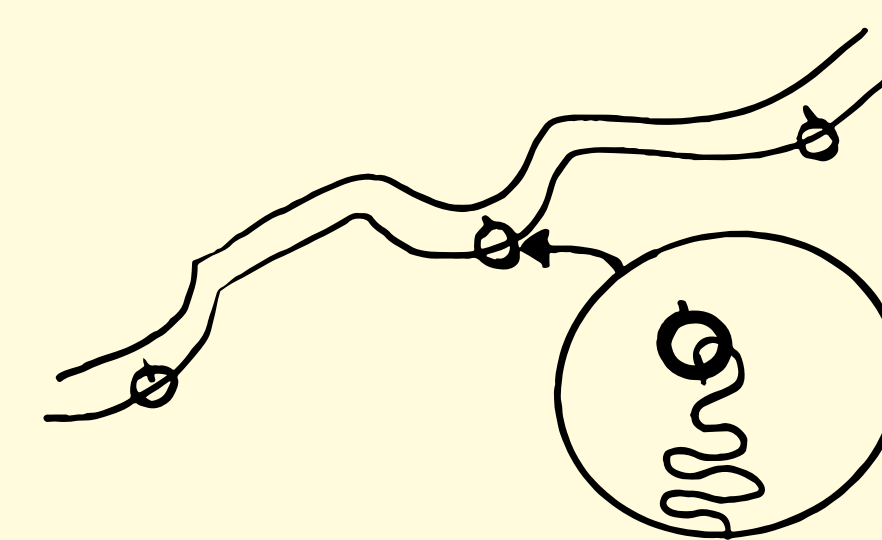
7. Think about how your hands move in space when you bend the wire



8. You are the making the shape of your stim



9. Add the stim shape to the wall installation



10. You can hook the wire into the holes on the installation

Drawing as Stimming

Stimming is behaviour often seen in autistic or neurodivergent children and adults that can include repetitive actions such as rocking, hand flapping or making noises.

Often stimming is viewed negatively because it is seen when an autistic child or adult is overwhelmed by sensory information. But importantly it can also be positive and part of a sensory seeking journey where the child or adult is responding to interesting sensory stimuli.

Masking or hiding stimming, something that children sometimes learn early to do, and can be painful for children. However, because stimming is so often misunderstood, linked with bad behavior and seen as disruptive, lots of children who have the ability to mask will be pressured to do so.

Thanks for joining us to make the shape of stims.

