

# Stimming is Fun

A NeuroInclusive Story  
about sensory harmony  
featuring Otto Crow



from the picture book  
My Brother Otto  
by Meg Raby  
& illustrated  
by Elisa Pallmer

Special thanks  
to Trevor Byrd  
for creative input

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Stimming is using your mind or body to help regulate your sensory systems by repeating certain actions or thoughts.



Otto likes to stim by lining up his toys in fun visual and color patterns. Try lining up some toys and objects around your house to see if you like this stim.

Otto also loves to stim by twirling with yellow pipe cleaners. He loves to catch the flashes of yellow.



This is a visual stim because he sees the yellow. It's also a vestibular stim. Vestibular stimulating often looks like rocking, jumping, and spinning!

Otto loves  
to get his vestibular  
stims in on  
the swingset!



Otto also likes to cover and uncover his ears. This is a fun way to change the way we experience sound.

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It's fun to experiment with sounds! If you put your head in a big bucket or a metal bowl and make noise, does the sound change?

These are called auditory stims.



Listening to a favorite song over and over can be a great way to enjoy auditory stims.





It's fun to stim  
by escaping into your  
thoughts and imagining  
adventures

We can stim by  
tasting a favorite food or  
chewing gum





Otto likes the color yellow so much that he orders yellow food and drinks yellow drinks on his AAC device.

What colors make you feel happy when you see them?

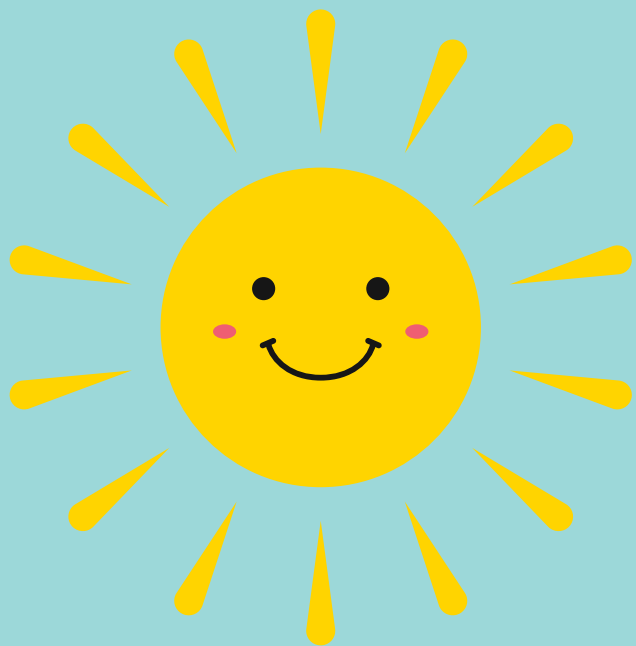




Proprioception is the body's way of understanding where it is and how it is moving. For Otto, he stims with tight squeezes and pumping his legs on the swings.



Otto loves to smoosh himself between his sister's stuffed animals and get tight bear hug squeezes from Dad.



Whether you really love to smell flowers, watch colorful or sparkling lights, jump on trampolines, sing, dance, read, chew on a stim necklace, or twirl your hair, stimming is fun!

Stimming helps us process our emotions and keep our sensory systems in harmony.

