

# Stim Toys and Fidgets Workshop

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## Types of stimming:

- Visual
- Auditory
- Tactile
- Taste
- Smell
- Vestibular: rocking, spinning, pacing
- Proprioceptive: Weight, physical self-awareness

## Reasons for Stimming

- Self-regulation
- Sensory seeking
- Expression

## Visual:

- Kaleidoscopes, lava lamps, glitter jars, fidget spinners, glow lights, I-Spy tubes
- Websites sometimes can be very stimmy visually. Your kids may already be looking at videos of slime or gifs of bubbles/other things on YouTube, tumblr, or even Instagram.

## Auditory:

- Beans/rice in a can, clicking pens, pop tubes, meditation/ambient noises, mp3 player/repetitive music, music boxes, stim toys that click
- Noise blocking headphones (don't worry about getting odd looks; comfort is more important than strangers' negativity).

## Tactile:

- There are several types of stim toys that are designed for this.
- Tangles, marble puzzles, "worry stones," "fuzzy" toys and poppers (very good for those with trich/derma picking disorders or destructive stims), many options to choose from
- Fluffy/fuzzy socks or comfy blanket, heated soft toys, spinner rings, slimes, Silly Putty

## Taste:

- Chewable jewelry, make sure things are safe to chew on.
- Keep peppermints or other sweets nearby; they can be used to help with grounding skills.

## Smell:

- Essential oils (lavender, peppermint), scent bottles, aromatherapy (put scent onto a cotton pad and keep in ziplock bag), scented markers.
- Depends on the individual; some are more sensitive to smell than others!

## Vestibular, Proprioceptive:

- Swings, spinning chairs, crash pads, anything involving movement.
- Weighted blankets, weighted wraps, weighted toys, bean bags. Similar to deep pressure therapy.

## Resources:

- Check your local Dollar Tree and get creative! Art supplies (especially things like pipe cleaners and the decorative marbles) often can help make great items to stim with. You can also get supplies to make a sensory bottle with from there, or stress ball balloons (a tested favorite!)
- [www.stimtastic.co](http://www.stimtastic.co) – autistic-owned, inexpensive, selection of chewies and stim toys!
- <https://www.therapyshoppe.com> – several stim toys
- <https://www.tanglecreations.com/> - Tangles and fascinating variations
- [www.sensacalm.com](http://www.sensacalm.com) – weighted blankets and fidgets
- <https://www.etsy.com/shop/AutisticRabbit> - inexpensive weighted blankets!
- <http://www.officeoxygen.com> – several different fidgets
- <https://www.chewigemusa.com> - chewies
- <https://www.arktherapeutic.com> – sensory tools, mostly oral and chewies
- <https://funandfunction.com> – large selection of fidgets, weighted items, and other sensory objects
- A more comprehensive overview is posted on [www.justkeepstimming.com](http://www.justkeepstimming.com)