

Core Skills Analysis

Autism

- Through the activity of stimming spinning in circles, the student experiences sensory stimulation which can be calming and regulating for individuals with autism. This can help the student focus and reduce anxiety.
- Engaging in stimming spinning in circles can provide the student with a way to self-soothe and express their emotions non-verbally, aiding in emotional regulation.
- The spinning motion can improve the student's balance and coordination, which are common challenges for individuals with autism.
- By engaging in repetitive movements like spinning, the student may enhance their proprioceptive and vestibular senses, contributing to better body awareness and spatial orientation.

Tips

For continued development related to the activity of stimming spinning in circles, it's beneficial to provide the student with a safe and spacious environment to engage in the activity freely. Incorporating structured routines that include opportunities for spinning can help the student regulate their sensory experiences. Additionally, introducing variations in speed and direction during spinning can enhance sensory input and motor coordination. Encouraging the student to take breaks when needed and offering alternative sensory activities can support a well-rounded sensory diet for optimal development.

Book Recommendations

- [The Survival Guide for Kids with Autism Spectrum Disorders \(And Their Parents\)](#) by Elizabeth Verdick and Elizabeth Reeve: This book provides practical advice and strategies for children with autism to navigate daily challenges and improve social skills.
- [My Brother Charlie](#) by Holly Robinson Peete, Ryan Elizabeth Peete, and Denene Millner: A heartwarming story about a young girl's relationship with her brother who has autism, promoting understanding and acceptance.
- [The Asperkid's \(Secret\) Book of Social Rules](#) by Jennifer Cook O'Toole: A comprehensive guide for children with autism to understand and navigate social situations, including tips for making friends and communication skills.