

Could be misinterpreted as...

- Trying to distract others
- Intentionally bothering Attention seeking others
- Non-compliance
- Not paying attention

- Being disrespectful
- Goofing off
- Being immature

"If you imagine thousands of bubbles inside your body. The bubbles make your body constantly move and not feel settled. When you live inside this body that's constantly moving, can you imagine how tired our bodies are?"

> - Myles Himmelreich, Adult with FASD

Should be interpreted as possibly...

- Having neurologically based need to move
- Experiencing sensory overload (environment too busy, noisy, bright, etc.)
- Not understanding personal space, and needing barriers or visual cues to define appropriate distance
- Needing explicit teaching of expected behaviours
- Needing alternative strategies that help to calm them while they are concentrating (e.g., listening to music, doodling)

STRATEGIES

- Build regular movement breaks into meetings; learn while engaging in physical activity
- Ask them about irritants; be aware of and plan for sensory overload
- If they are actively listening, allow the fidgeting. It may be their way to focus better (stress balls, spinners, etc.)
- Relax their anxiety by calmly telling them what to expect

