

Repetitive Movements

Digging nails into hands

Licks hand and rubbed against nostrils

Humming

hand wringing/ tight hand clasping

Rubs eyes in stressful situations

Twiddles hair

Paces back and forth

Digging nails into forehead

Ate small chunks of erasers (did this repeatedly in childhood - Liked the texture of erasers)

Hand flapping and rocking

Rubs middle and third finger against base of thumb

Rubs hands together

Rubs tips of fingers together

Tightly squeezes arms/ hands

Rock from side to side

run lips along edges of books and stacked paper

Sniffed pages in books

Sniffed felt tip pens

Rubbed a thin piece of rope on the back of neck repeatedly because of the feeling it caused.
This resulted in rope burn on the back of neck