



## QUIZ

### Fidgets and Stimming: OK or No Way?

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1. What is NOT considered a reason to use stimming or fidgets?
  - a. Trying to stay focused
  - b. Keeping one's body calm
  - c. Making transitions easier
  - d. Trying to multitask between 2 or more tasks
  
2. A person's stimming might be influenced by what?
  - a. The presence of others
  - b. By what is going on around them
  - c. Both A and B
  - d. The day of the week
  
3. Around what year did the influential trend AGAINST stimming become popular?
  - a. 2013
  - b. 1993
  - c. 2020
  - d. 2000
  
4. What does the acronym ABA stand for?
  - a. American Bar Association
  - b. Applied Behavior Analysis
  - c. American Board of Anesthesia
  - d. Autistic and Behavior Association
  
5. From an occupational therapy perspective, what reason would you use stimming or fidgets?
  - a. To suppress a person's natural tendencies
  - b. To decrease a person's
  - c. To increase a person's ability to self-regulate
  - d. To enhance a person's
  
6. Another term used to describe the word "fidget"?
  - a. Focus tools
  - b. Adaptive toys
  - c. Play equipment
  - d. Sensory suppressors

7. \_\_\_\_\_ continue to report their effective use and note that neurotypical people are emulating the habits of autistic people when they stim or use fidgets.
- Facebook posts
  - Internet blogs
  - Newspapers
  - Autism weekly magazines
8. What factors are most important when considering using a fidget?
- Consider the price, weight, and height of the fidget
  - Consider what the parents thinks and likes
  - Consider if the diagnosis allows for fidgets
  - Consider the place, people surrounding and activities
9. While the spinney fad probably drove many teachers nuts, the good news is that it contributed to helping some people see some aspects of autism as pretty \_\_\_\_\_?
- Unnatural
  - Typical
  - Atypical
  - Deviant
10. A category or description that is NOT commonly used behind the science of stimming?
- Genetic testing
  - Spatial variance
  - Social cues
  - person anxiety
  - object influence

**Answer Key**

- d
- c
- a
- b
- c
- a
- b
- d
- b
- a