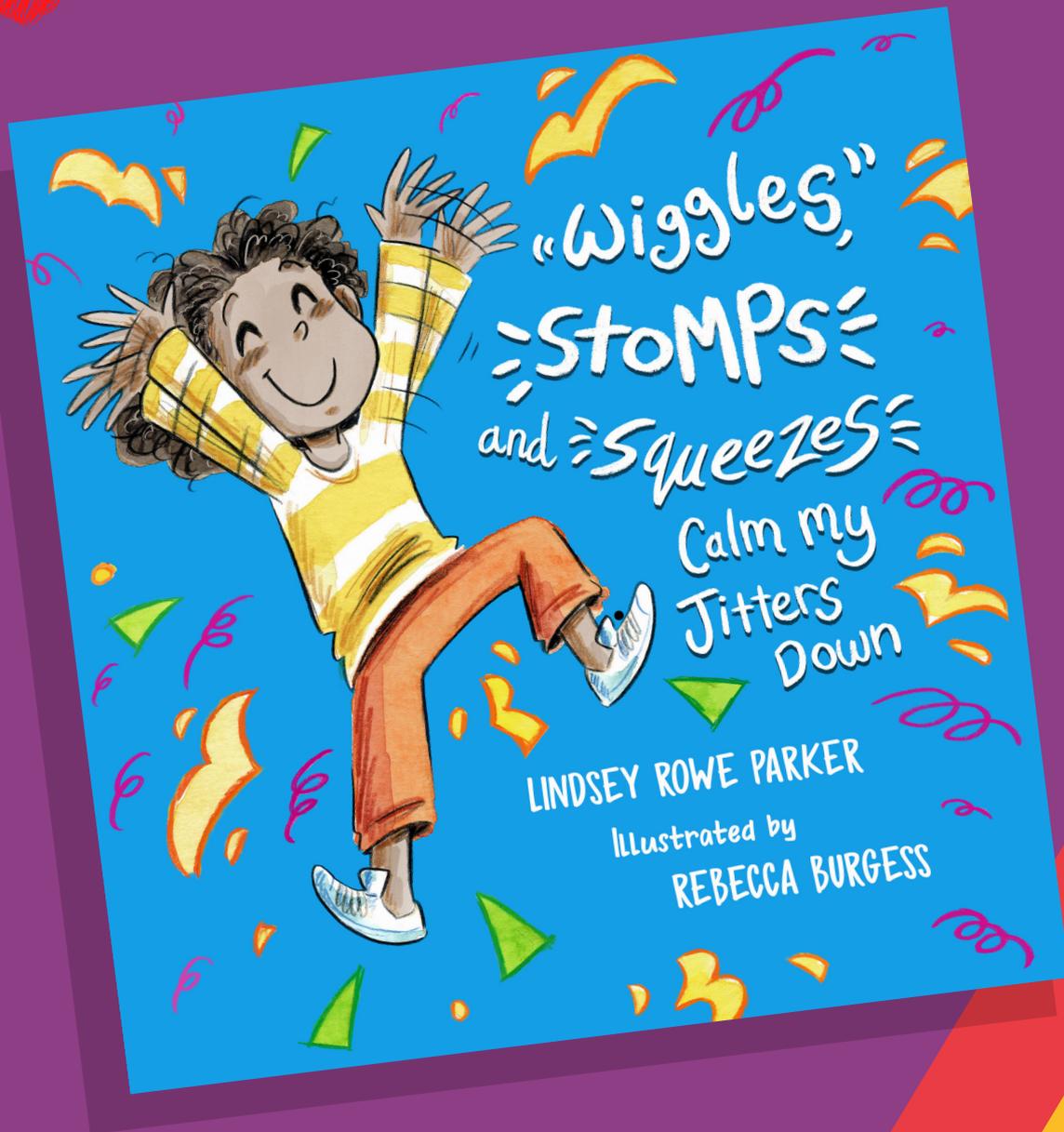


READING GUIDE AND ACTIVITY BOOK



A Picture Book about
Sensory Differences

wigglesstompsandsqueezes.com

HELLO THERE!

Have you ever felt the need for a wiggle, stomp, or squeeze? You have? Awesome! Me too! Lots of kids do!

Join us in exploring more about why we wiggle, what those jittery feelings are, and how we handle them in different ways!

My favorite theme of this book is that the child is accepted and understood. She is not asked to change, she is supported, she is allowed to be herself, she is loved.

BOOK SUMMARY

The vibration in her feet when she runs, the tap-tap-tap of her fork on the table at mealtime, the trickle of cool water running over her hands--these are the things that calm her jitters down. This book is for anyone who has ever felt the need for a wiggle, stomp, or squeeze!

NOW FOR THE LEGAL STUFF...

Reading through this guide is not a replacement for professional advice or assessment. This guide is intended to introduce the concept of sensory needs, spark conversation with children about sensory differences, foster empathy for these feelings, and identify fun activities that provide sensory input.

PHEW! NOW LET'S HAVE SOME FUN!

WE ARE SO GLAD FOUND US!

wigglesstompsandsqueezes.com

Visit our website



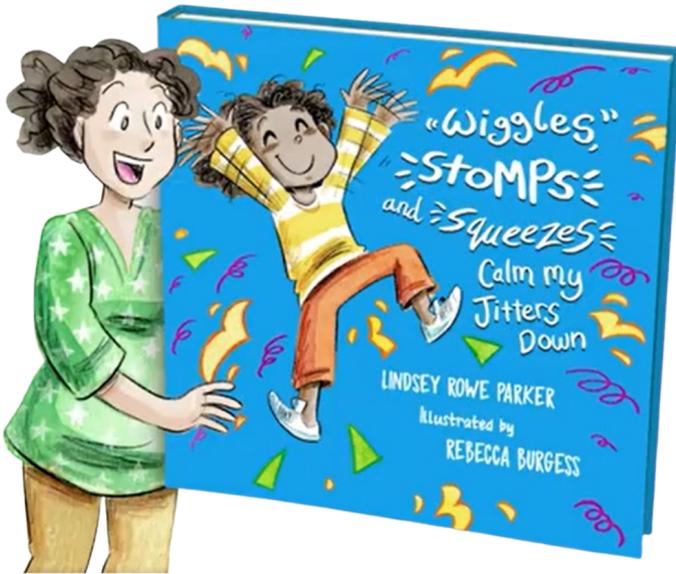
Virtual Author Read-Along



Follow us on Social Media!



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LET'S ASK QUESTIONS TO FIND ANSWERS!

BEFORE READING

- Identify the parts of a book – cover, title page, end papers, etc.
- Based on the cover and title, what do you think the book is about?
- Read the blurb, now what do you think the story about?
- What do you think Jitters mean?



READ THE BOOK, BUT STOP BEFORE HANDWASHING SCENE

- How do you think this story ends?
- What is one way you would calm yourself down?
- What is the child upset about?
- Write your own ending to the story, and draw a picture to go with it.

WHAT'S NEXT?



AFTER READING

- Summarise the story.
- What sounds were repeated in the book?
- Do jitters mean something different to you now that you have read the story?
- Why do you think she did not want a hug from her mom at first?
- What changed her mind?
- Why do you think the water helped her?
- Can you share a time that you feel the jitters? What did that feel like?
- What are your favorite activities to do that make you feel happy and loved?

LOOK THROUGH THE PAGES AGAIN AT THE ILLUSTRATIONS

- Do you recognize the five senses in this book? Are there more? Where do you see those in the story?
- What are the eight senses?
- Do you see the dog? What are they doing?
- Who is sitting at the table? What are they doing?
- What kind of things are stinky?
- Squishy?
- Gritty?
- How do you feel when you are on a swing?
- How does wind feel on your face?
- What do you call that feeling when you are running so fast and you feel your feet vibrating on the ground?



YOUR 8 SENSES

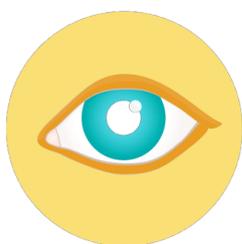
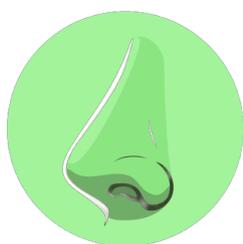


WAIT, THERE ARE 8 SENSES?

Yes, there are 8 senses! We are constantly taking in sensory information from our bodies and environment.

You already know the first 5!

SMELL + SIGHT + HEAR + TASTE + TOUCH



But wait! There are three more. They are:

PROPRIOCEPTION



VESTIBULAR



INTEROCEPTION



YOUR 8 SENSES



WHOA, THOSE ARE BIG WORDS.

They are, but you already know the feelings! You feel them every day! Here is an easy glossary for you to understand these new words. **You got this!**



PROPRIOCEPTION

This is the hardest one to say. It's a tongue twister! This sense helps us know where your body is in space. That sounds funny, but it is super important. Have you ever bumped into something while walking? Tried to hold an egg in your hand gently without cracking it? This sense helps you feel where you are in relation to things and people.



VESTIBULAR

This sense helps us remain balanced, feel safe when moving, coordinate eye and head movements, and helps us if we start to trip! Try spinning in a circle! Now balance on one foot, then the next!



INTEROCEPTION

This is the sense of knowing what is going on INSIDE our bodies. It's our sense of our internal organs that tells us when we're hungry or full, thirsty, sick, or even need to go to the bathroom. Sometimes we have to pay extra attention to know which feeling is which!

YOUR 8 SENSES



ACTIVITY

Can you identify all 8 senses? What about in your own day, can you think of a time where you use these 3 new senses that you just learned?

Write or draw them below.



PROPRIOCEPTION - YOUR BODY IN SPACE



VESTIBULAR - BALANCE & MOVEMENT



INTEROCEPTION - INTER MEANS INSIDE YOUR BODY!



SELF REFLECTION

WRITE OR DRAW WHAT IT FEELS LIKE:

TO FEEL STUCK.

TO EAT SOMETHING WEIRD.

TO TRY SOMETHING NEW.

TO FEEL FRUSTRATED.



SELF REFLECTION

WRITE OR DRAW WHAT IT FEELS LIKE:

TO FEEL JITTERS.

TO BE LOVED.

TO BE ACCEPTED FOR WHO YOU ARE.

Sensory Play Planner

Week of:

Monday

Tuesday

Wednesday

Thursday

Friday

Sample

Sensory Simon Says
Blowing Bubbles
Crunchy Snack
Playdough or Slime
Bouncy Action Song
March Around the Room
Obstacle Course
Jump Rope
Read In a Pillow corner!

SENSORY & MOVEMENT ACTIVITIES



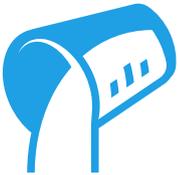
Try different animal walks: Bear walks, crab walks, a snake crawls (on belly), frog jumps



Push the doorway: Stand in the doorway and push against the sides of it as hard as possible with one arm on each side. See how many seconds you can push.



March or jog in place while stomp, stomp, stomping.



Pour items such as sand, dry beans, dry rice, or water back and forth between containers.



Squeeze, squish, and smash playdough or slime



Provide chewy or crunchy food at snack or mealtime: Celery, carrots, apples, fruit leather, jerky, pita chips



Complete an obstacle course or relay race

LET'S GET MOVING!

SENSORY SIMON SAYS

Stomp in Place



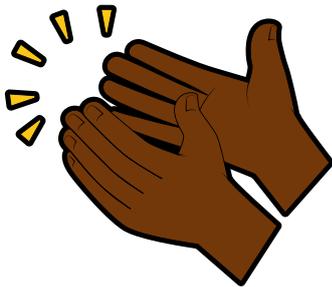
Self Squeeze Hug



Crab Walk



Clap your hands



Wiggle



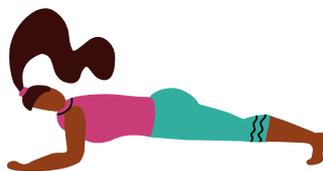
Stretch to the sky



Dancer



Plank

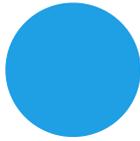


Zoom



COLOR THAT SHAPE

What's in this bowl of mush? It smells weird and looks squishy! Follow the color guide and color the shapes. When done, count how many of each shape are in the mush and write them in the boxes below.



WORD SEARCH

E A Q Q A S A J T S F Z F G O
M T T U O Q W P A K U A U X J
Y F O S R U A I S I Q K X N M
A Y U E D I R C T H B O W X X
V J C N I S E T E E E H I S A
C Z H S F H N U Y A M S G I H
R M O O F Y E R S R P M G G W
P O E R E G S E Q P A E L H Y
F V N Y R G S B U L T L E T Q
E E S Y E H R O E M H L H Y K
D M V F N L M O E V Y Z Q R I
X E U T C D M K Z U Z L O H H
K N G C E M J E E S M U K O B
F T W F S I V D S T O M P O M
M U P K I F J Z K P Y V K D Y

THESE SNEAKY WORDS ARE HIDING!

picture book	movement	wiggle	touch
differences	sensory	stomp	zoom
empathy	squeeze	taste	hear
awareness	squishy	sight	smell

COLORING PAGES



COLORING PAGES



COLORING PAGES



COLORING PAGES



COLORING PAGES



COLORING PAGES



MEET THE CREATORS



Lindsey Rowe Parker, Author

Lindsey is a mom in the tail-end of toddlerhood, embracing the next phase of parenting while learning to navigate and advocate for her autistic daughter. With a recent adult diagnosis of ADHD and a new deeper understanding of her own sensory experiences, she has begun to delve into the neurodiversity community learning all she can from neurodiverse voices. This is her first picture book, and she hopes it connects with everyone who has felt the need for a wiggle, stomp, or squeeze!



Rebecca Burgess, Illustrator

Rebecca is an autistic illustrator living in the UK. They love history and nature, but comics and illustration most of all! Their passion has led them to work with the likes of The Guardian and Jessica Kingsley Publishing. Rebecca is most famous for their online comic 'Understanding The Spectrum', a comic explaining autism that has been shared in several books and used by parents, teachers, and doctors.



Laura Fuentes López, Spanish Translation

Laura is a bilingual speech-language pathologist who is passionate about working with children with speech and language difficulties. She has been working specifically with children ages 0-11 for 14 years. Laura enjoys working closely with parents and learning about their home routines in order to develop and carry out a therapy plan that targets the child's needs and harmonizes with the family dynamics. She currently specializes in early intervention. During that time, she has had the opportunity to care for children with a wide variety of needs, including Autism and sensory differences. Laura is also the mother of two curious and active children who love stomps, wiggles and squeezes.

WHAT THEY ARE SAYING



"I often find myself trying to explain to parents why their child needs wiggles, stomps, and squeezes to get through their day while experiencing sensory input in ways that are different and often more intense. This is the first book I have come across that provides a very real glimpse into the lived experience of a child with sensory differences. What a wonderful book that so many families can benefit from!"

Caitlyn Berry, Occupational Therapist



"What I love most about this book is that it comes from a place of acceptance—it's not seeking to change those who need to "wiggle, stomp or squeeze" but offers glimpses into why there is a need to do them."

Jodi Murphy @activate4autism

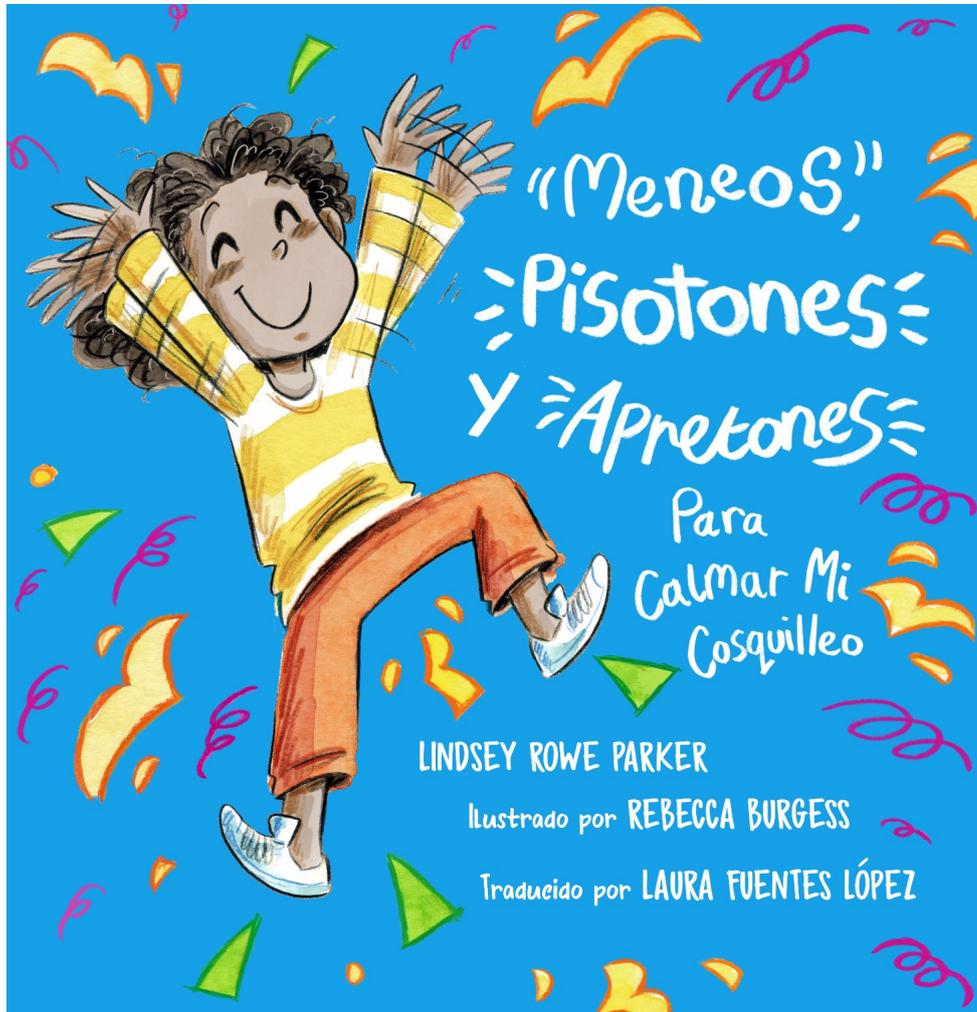


"I have worked in special education for 12 years and have not come across a book that explains these jittery feelings until now. This book will capture the hearts of families and children with unique needs as well as educate those unfamiliar with sensory differences."

Bridget Martinez, Special Education Teacher

**DO YOU HAVE SOMETHING TO SHARE? TAG, POST, TWEET, OR SHARE!
WE'D LOVE TO HEAR FROM YOU!**

AVAILABLE IN SPANISH



Meneos, Pistones, Y Apretones Para Calmar Mi Cosquilleo

Ésta es una historia sobre las necesidades sensoriales y de cómo algunos niños y niñas experimentan su mundo, contada desde la perspectiva de una niña.

La vibración en sus pies cuando corre, el tan-tan-tan de su cuchara en la mesa a la hora de comer, el chorrillo de agua fría corriendo por sus manos- esas son las cosas que calman su cosquilleo.

¡Este libro es para cualquier persona que alguna vez haya sentido la necesidad de moverse, pisotear, o recibir un apretón!

LIBRARY REQUEST FORM

NAME:

REASON FOR REQUEST:

Please consider purchasing the following picture book titles to add to the library! Sensory differences affect many children and adults, especially those who are neurodivergent, ADHD, autistic. This book follows a young girl with heightened sensory experiences through her day and how she is able to calm her jitters down with everyday sensory input. This book is available in both English and Spanish.

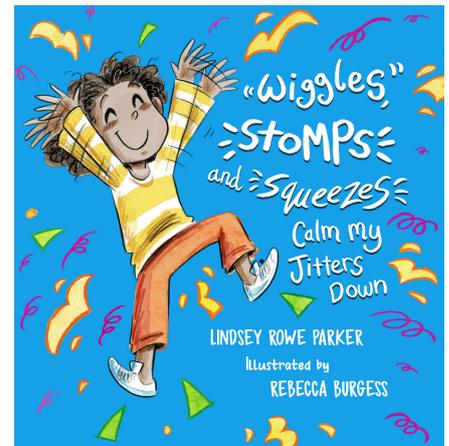
Wiggles, Stomps and Squeezes Calm My Jitters Down

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ISBN-10 : 194544892X

ISBN-13 : 978-1945448928



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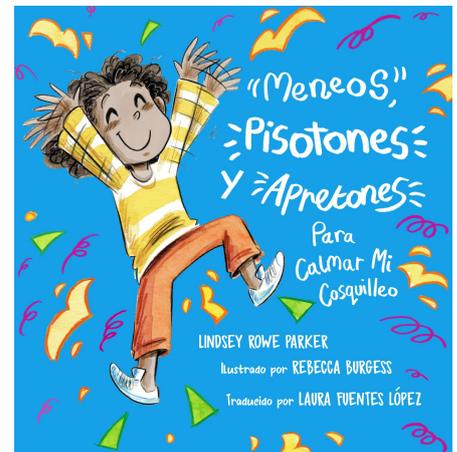
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Translator: Laura Fuentes Lopez

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Hardcover : 50 pages

Reading age : 5 - 7 years

Grade level : Kindergarten - 2





For anyone who has felt the need for a wiggle, stomp, or squeeze!

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