

DifferDance

dance as stimming – stimming as dance

1

(leaves rustling in the wind)

2

(traffic noises in the background)

3

(motorcycle passing by)

4

(steps)

5

(snuffling)

6

(rhythmic breathing)

7

(chirping birds)

8

(car horn)

9

(Adult voice " ...now come here!")

10

(child's voice answering - unintelligible)

11

(traffic noises)

12

(a starting engine)

13

(traffic noises, squeaking)

14

(motorcycle)

15

(rustling, birds chirping)

16

(trilling saxophone sound)

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00:02:48,035 --> 00:02:55,992

(trilling saxophone sound and chirping birds)

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Jenny Döll: In my research, I looked into the topic of stimming.

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Stimming as a term comes from an abbreviation of the term self-stimulatory behaviour.

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Often the behaviour is rhythmic or repetitive or both.

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(rhythmic breathing)

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It is something that all people do, but it is especially something that is described by neurodivergent people, i.e. people with ADHD or autistic people.

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Basically, we can use all our senses for stimming.

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Stimming can refer to one sense or to several senses at the same time.

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(explosive onset of energetic saxophone sound)

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(chirping birds)

27

(hummed, repetitive melody)

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Ultimately, each person has their own sensory profile.

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Our sensory perceptions can be more or less sensitive.

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And in neurodivergent people, it is often the case that we have some senses that are "under-sensitive"

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and other senses that are "over-sensitive" - the inverted commas because...

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who defines normal?

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(percussive piano sound)

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(percussive piano sound, joined by sustained melodica sound)

35

I experience it in my everyday life
as something that actually happens very unconsciously,
sometimes also only very subtly.

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I noticed a few years ago that in winter
I often have my scarf in front of my mouth and nose,
not necessarily because it's so cold,

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but because I enjoy the feeling
of being able to feel my own breath, because I enjoy the feeling

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that there's something against my mouth
that just somehow gives me more feedback.

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(energetic saxophone sound)

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In my research I was interested in exploring
how I can use dance as a tool
for empowerment of neurodivergent people

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where actually the stim is taken out of a context of...
it's a situation where I really need to do that.

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(Traffic noises, long drawn out saxophone sound)

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For me, one of the purposes of making this video
is to create more understanding

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-to make behaviour that may seem strange to many more comprehensible.

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And simply to encourage more people
- whether neurodivergent or not –
to experiment with it within a setting that feels good.

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(solemn piano sound)

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(hand brushing across a plastic curtain)

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Especially because we grow up with it being stigmatised,
with it being suppressed,

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a framework (can be helpful)
where I first look at it as play

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-- it doesn't have to make sense,
there's not a right
or a wrong way to do anything –

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but I can just try out:
what happens when I move like this,
what happens when I play with this repetition?

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what happens when I
maybe do the movement that I usually do with my left hand
with my whole body instead?

53

When I start to play with it
and perceive it as a dance

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then I can build a different connection to it
or I can also build up a different connection to myself.

55

And this I can then take with me into everyday life.

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(leaves rustling in the wind)