DifferDance

dance as stimming - stimming as dance

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1
(leaves rustling in the wind)
(traffic noises in the background)
3
(motorcycle passing by)
(steps)
(snuffling)
(rhythmic breathing)
(chirping birds)
(car horn)
(Adult voice " ...now come here!")
(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)
00:02:48,035 --> 00:02:55,992
(trilling saxophone sound and chirping birds)
Jenny Döll: In my research, I looked into the topic of stimming.
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.
(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)

26

(chirping birds)

27

(hummed, repetitive melody)

28

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.

36

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 41 where actually the stim is taken out of a context of... it's a situation where I really need to do that. 42 (Traffic noises, long drawn out saxophone sound) 43 For me, one of the purposes of making this video is to create more understanding 44 -to make behaviour that may seem strange to many more comprehensible. 45 And simply to encourage more people - whether neurodivergent or not to experiment with it within a setting that feels good. 46 (solemn piano sound) 47 (hand brushing across a plastic curtain) Especially because we grow up with it being stigmatised, with it being suppressed, 49 a framework (can be helpful) where I first look at it as play 50 - - it doesn't have to make sense, there's not a right or a wrong way to do anything -51 but I can just try out: what happens when I move like this, what happens when I play with this repetition? 52 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 54 then I can build a different connection to it

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

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

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(leaves rustling in the wind)