Getting to Know My Tics

Tics are things my body does, a bit like hiccups. Lots of kids have them. It is not my fault.

Name: _____ **Date:** _____

1 My tics right now

Tick what my body does these days. Tics can change, and that's okay

- [ ] Blinking
- [ ] Eye rolling
- [ ] Nose or face scrunch
- [ ] Shoulder shrug
- [ ] Head or neck jerk
- [ ] Sniffing
- [ ] Throat clearing
- [ ] A sound or word

2 Tics get louder when

Clues for my grown ups and me. What brings more tics?

- [ ] I'm excited
- [ ] I'm tired
- [ ] I'm worried
- [ ] After school
- [ ] Lots of screens
- [ ] People ask about them
- [ ] Sitting still
- [ ] I'm sick

3 Tics get quieter when

And what I feel just before a tic, if I notice anything

- [ ] Playing sports
- [ ] Music or drawing
- [ ] Focused on fun
- [ ] Calm and rested
- [ ] Itchy or tingly first
- [ ] Tight or pressure first
- [ ] Not just right first
- [ ] I don't notice

4 My tic notes

Where I feel it, and what I want people to know

Where I feel the urge: _____

The tic that bugs me most: _____

I want grown ups to know: _____

Draw what a tic feels like, or draw me doing something I love:

Original layout by Lotus & Tulip. A learning and practice tool, not a test, a diagnosis or medical advice.

My Tic Toolbox Plan

When I feel the urge, I can try a gentle move instead. Practicing counts, even when tics win.

Name: _____ **Date:** _____

1 Feel it, try my move

Pick with my therapist or grown up. Hold it gently for about one minute

- ☐ Slow belly breaths
- ☐ Lips gently closed
- ☐ Slow gentle blinks
- ☐ Chin gently down
- ☐ Shoulders low
- ☐ Hands press on lap
- ☐ Arms close to body
- ☐ Something else

The tic I'm working on: _____

My warning feeling and my move: _____

2 What helps at home and school

Choose with my grown up and teacher

- ☐ No comments on tics
- ☐ A break pass
- ☐ A quiet place to tic
- ☐ Extra test time
- ☐ Calm time after school
- ☐ Enough sleep
- ☐ Tell my class (if I want)
- ☐ A grown up I can tell

3 My practice week

Color a star for each one. Tics go up and down, practice still counts

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
I noticed an urge	☆	☆	☆	☆	☆	☆	☆
I practiced my move	☆	☆	☆	☆	☆	☆	☆
I did something I love	☆	☆	☆	☆	☆	☆	☆

4 For the grown up helper

Tics are not a choice. Stay calm and on your child's team

Do not comment on, copy or punish tics. Attention and stress can make tics louder.

Keep normal rules for other behavior, and praise practice and strengths, not tic free days.

Tics wax and wane. Judge the plan over months, not days.

See your pediatrician if tics hurt, start suddenly with new fears, or disrupt school or friends.

Ask about a therapist trained in CBIT (Comprehensive Behavioral Intervention for Tics).

US: crisis, call or text 988. Emergency, call 911. These pages do not replace professional care.

Grown up notes: louder and quieter times, moves that help, progress to share with the pediatrician or therapist

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