



THE GIGGLE SEAT: A FEELINGS IN MOTION BOOK

"Do you have a giggle bug under your seat? Cozy feelings you carry and keep?"

Author: Sheila E. Hughes

Ages: 2–5

Focus: Interoception & Self-Awareness

A Somatic Tool for Interoception and Sensory–Motor Regulation

This book helps children identify the "sparks" of high-energy emotions before they become overwhelming. By personifying excitement as a "giggle bug," the tool provides a non-judgmental framework for children to recognize internal sensations and find a functional way to express them without losing behavioral control.

Summary

Narrator Alita Moth helps children recognize the "giggle bug," that internal, wiggly sensation that signifies excitement and joy. This book validates high-energy emotions and provides a designated physical space (The Giggle Seat) for expression. Through Alita's guidance, children learn to navigate the physical "beat" of their feelings, transforming an overwhelming wiggle into a managed dance.

Clinical & Educational Relevance

- **Interoception:** Teaches children to "listen" to their bodies' internal cues to promote self-regulation before dysregulation occurs by closing the gap between physiological sensation and cognitive labeling.
- **Bottom–Up Regulation:** Utilizes purposeful movement to process vestibular and proprioceptive input, allowing the nervous system to find its "beat".
- **Proprioceptive Feedback:** The physical act of using a designated "Giggle Seat" provides the grounding input many neurodivergent children require for calm.
- **Neurodiversity–Affirming Regulation:** Reframes "fidgeting" as a natural, valid form of active expression to process positive overstimulation, shifting the narrative toward finding a functional "wiggle-giggle beat".

Why Professionals Value It

This book supports children with ADHD and Autism. It provides a non-punitive framework for high-energy children, giving them agency over their bodies while supporting sensory integration.

- **Clinical Assessments:** Evaluating a child's ability to label internal states.
- **Home-to-School Transitions:** Providing a consistent vocabulary for energy regulation.
- **Therapeutic Play:** Integrating somatic movement into SEL curriculum.

Available for professional endorsement and clinical review

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