

## What Is Interoception?

Interoception is a sense that helps you understand what is going on inside your body and how you feel. It is really important and helpful as it alerts you in different ways when you need to eat or when you have to take a drink.

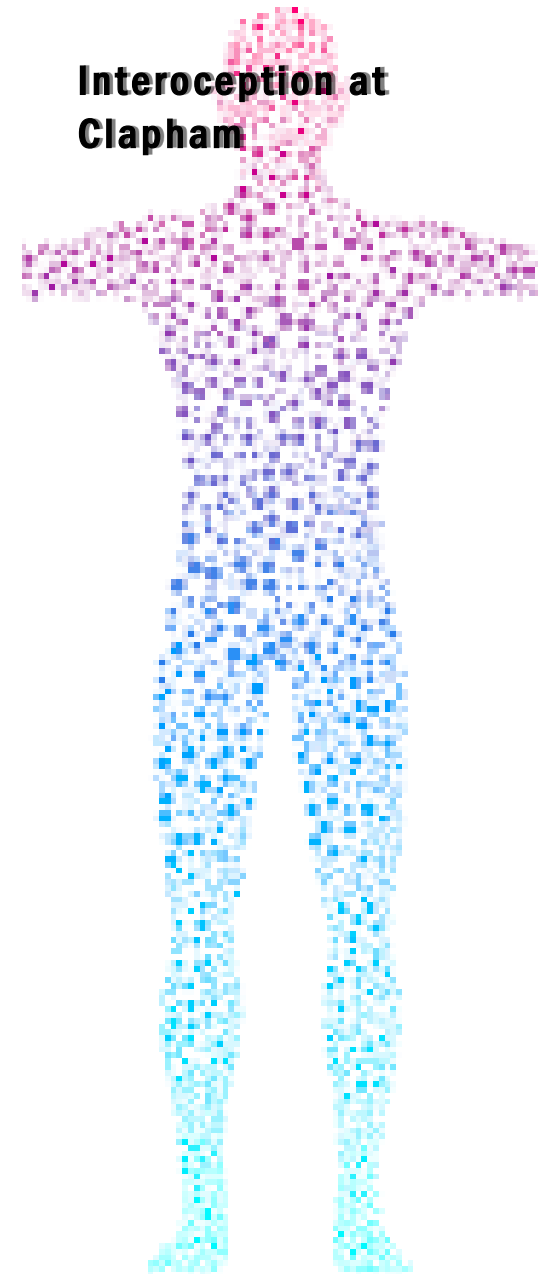
Interoception is also when you exercise or if you move your body in some way and you then reflect on it and how you feel after you have completed that stretch.

**INTEROCEPTION  
AT CLAPHAM**



Clapham primary school  
Jairaj Lakshan Caleb Ziggy



## Interoception at Clapham





**Why do we need interoception in Clapham?**

**Interoception is a beneficial activity in life. As students in Room10 in Clapham we would be happy to share our experience with all the other students in Clapham primary school, as well as the Clapham community. Clapham needs an interoception because this would help children at Clapham to stretch and be healthy. This will give Clapham**



**What are the benefits of interoception?**

**The benefits of interoception is that it creates brain to body connectivity and also it can help calm your mind. You also learn what happens in your body and how your body reacts. It also connects emotions to everything you do**



**INTEROCEPTION  
AT CLAPHAM**