



INTEROCEPTION

AT CLAPHAM

What is interoception?

Interoception is a way of taking a breath and thinking about what is happening in your body. To do this you may do an action or movement to feel your body. After that you ask yourself "What can I feel and where can I feel it?" Then you do that again but focus on one part of your body. After doing just that you can feel calmer and refocused ready to do anything.

Interoception also is about how your body feels and then matching it with your emotion. An example would be a growling stomach and that would match to being hungry. There are so many feelings but some younger kids may not know what emotion they match to.

To the right are the four steps to interoception:

Why should we use interoception at Clapham?

Clapham Primary School should use interoception because it is super important that kids learn how to match their emotion to how their body feels. Being a kid is a good age to start learning this skill for the future.



1. Activity

First do the activity you are given by following the instructions exactly. Make sure you have enough space to do the activity.

2. Questioning

We will ask you questions about what you felt in that activity, to tap into you body and really feel and understand what you feel.

3. Repeat

Repeat the activity focusing on the body part that we have chosen.

4. Reflection

Reflect what did you feel? Where did you feel it? And what did it feel like?



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The difference between Mindfulness and Interoception

Mindfulness

Is being aware of what is happening in the present moment and acknowledging, reflecting and meditating.

Interoception

Is noticing and developing an awareness of what is happening inside our body and using them to understand what emotions we are feeling.

INTEROCEPTION

The Sense of Knowing what is going on

inside
your body.



sensual touch

thirst

temperature

INTEROCEPTION

PAIN

hunger

itch

breathlessness

Interoception

