



INTEROCEPTION

Phoebe G & Lily C

WHAT IS INTEROCEPTION?

Interoception is similar to mindfulness, feeling certain emotions and understanding what to do when you feel them. Such as when we're hungry, our stomach rumbles and we know this is our bodies' way of saying that we're hungry and need to eat something. Feeling certain things in our body helps us to respond accordingly when we need something and our body is telling us. Interoception helps us to understand what we need.



BENEFITS OF INTEROCEPTION:

Interoception teaches children to understand their bodies and emotions. They learn to know what their body signs mean and what to do when feeling them. Classrooms where children learn about interoception have less behavioural issues over the school year. It helps relieve stress, anger and extra energy.

SENSORY ACTIVITIES:

There are many types of Sensory Activities, they help you to focus on how you're feeling.