

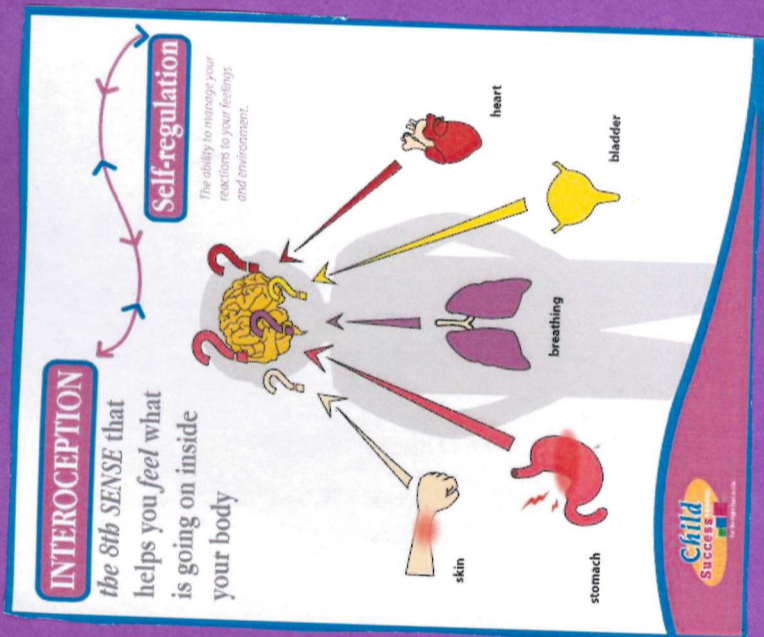
Interoception



What is Interoception?

Interoception is the ability to feel your body's clues and understand what they mean.

Like, realising when you're sweating, feeling stuffy and turning red, means you're hot.

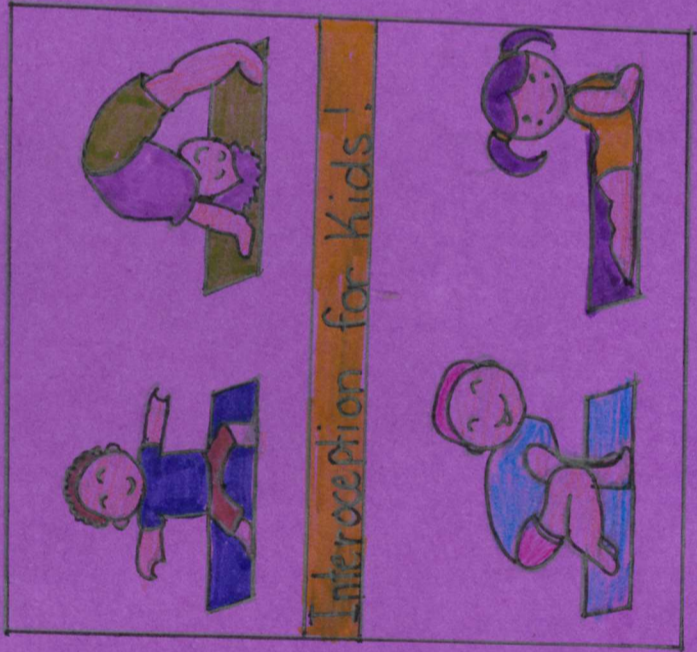


The Activities

1. Paint In A Bag: This exercise allows the student to feel the paint under his/her fingers without making a mess.
2. Untie The Knot: The point of this exercise is to help the child tie their shoes.
3. Lunges: The idea for this exercise is to let the child feel their calf's stretch.
4. Finger Maze: the idea for this one is to let the kid figure out the maze.
5. Small Trampoline: This allows the child to let out some energy.
6. Jump (Hop on one foot): The point of this exercise is to feel the stretch in the back of your calf.
7. Forward, Left, Right, Backward: The point of this exercise is leg eye co-ordination
8. Orbees: The idea of this one is to feel the orbees in your hands.
9. Spinning Wheel: The idea of this is whatever the arrow lands on is what you have to do (dab, skip, touch your toes, 5 push ups, dance for ten seconds)
10. Ladder: The point of this exercise is to try and not step on the ladder.

Why Is Interoception Important

Interoception is important because noticing our body's clues, helps to recognise them, what they mean and how-to better deal with them, and using focussing activities to work on recognising our body's cues.



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