

## Teaching Interoception: Awareness of Sensations in the Body:

When doing any of these activities if a child is uncomfortable **DO NOT** force them to participate. In each box you will find directions to give to students and examples of body sensation words.

While sitting or standing, reach one arm up high. Reach even higher and hold for 10 seconds.

Lower your arm.

Notice how your arm feels, does it feel differently than your other arm?

What words would you use to describe how it feels?

**Heavy, tingling, floating**



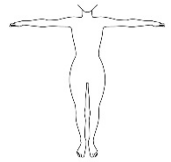
Put both arms out to the side and hold them out like this for about 20 seconds.

Put one arm down.

Notice how each arm feels.

What words would you use to describe each arm?

**Light, fuzzy, airy, buzzy, fidgety**



Put both shoulders up towards your ears and hold them for about 10 seconds.

Now put your shoulders way down,

What words would you use to describe how that feels?

**Relaxed, loose, droopy**



Pull JUST ONE shoulder up towards your ear. Hold it there.

Notice how your arm and your hand start to feel.

What words would you use to describe how this feels?

**Numb, tingling, throbbing, sore, tired**



Pull one knee up to your body and hold it there.

What words would you use to describe how that feels?

**Wobbly, shaky, pressure, stretched**



Try standing on one leg without holding onto anything, now try closing your eyes, What words would you use to describe how that feels?

**Wobbly, shaky, dizzy**



Put one arm across your chest. Bend your other arm around it and pull.

What words would you use to describe how that feels?

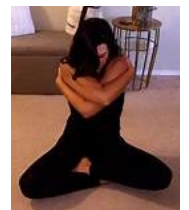
**Tension, stretched, pulled, tight**



Put both arms around your body and hug yourself.

What words would you use to describe how that feels?

**Sore, achy, squished, pulled**



Then drop your arms.

What words would you use to describe how that feels?

**Relaxed, open**

Put one leg out in front of you with your foot pulled back towards your body and bend the other knee. Notice how your legs and feet feel differently. Then switch. What words would you use to describe how that feels?

**Tight, pulled, stretched, tense, loose, relaxed**



Put the palms of your hands over your ears, press just hard enough so it sounds like you can hear low rumbling sounds for about 30 seconds.



What words would you use to describe how that feels?

**Floating, airy, spacey, disconnected**

Put the palms of your hands over your eyes. Don't press too hard, and leave for about 30 seconds.



What words would you use to describe how that feels?

**Blotchy, pressure, itchy, twitchy**

Stand up straight and then lean over trying to touch your toes, hold that position. What words would you use to describe how that feels?



**Tension, stretched, pulling**

Sit down with your legs out straight in front of you. Bounce your legs up and down against the floor then start rolling your shoulders.



What words would you use to describe how that feels?

**Loose, relaxed**

Other things to try:

Jumping up and down (**energized, bubbly**)

Spinning (**dizzy, wobbly**)

Hold your breathe for 10 seconds (**suffocated, constricted, blocked, tight, can't breathe**)

Put your head and upper body over on your desk (**heavy, numb**)

Think about ants crawling around (**itchy**)

Put your hands in fists (**clenched**)

Tap your cheek bones with your finger tips while I count to 10 (**tingly, airy, light**)

Put one of your hands palm down on a table and push on it with the palm of your other hand while I count to 10 (**pulsing, flowing, throbbing**)

Rub one of your earlobes between your thumb and first finger while I count to 10, then compare how you earlobes feel (**numb, heavy, tingling**)

Vigorously rub your hands together for 10 seconds then pull the apart (**tingling, hot, warm**)

Think about what it feels like when your foot falls asleep (**tingling, prickly, pins and needles**)

Sit in a chair leaning the top half of your body over the bottom part of your body with your head hanging down. Stay in that position. How does that feel?

**Crampy, Achy, Uncomfortable, Squished, Can't breathe**

