

## Interoception

Interoception is a sense, just like smell, sight, sounds, taste, touch, vestibular and proprioception. The job of our interoception sense is to enable us to feel and recognise the internal body signals.

When we notice and understand these body signals it helps us identify how we feel. For example, when we are going to speak to a room full of people, we may notice our heartbeat increase, our muscles may tense and our stomach may gurgle.

At Grange Park we are using the Interoception Curriculum (devised by Kelly Mahler, OT) to work on noticing body signals. We focus on a different body part each week, working from outside in.

This week our focus *is feet and toes*. Here are the descriptor words we have been targeting:



During the interoception lessons we do simple experiments to help us to focus on a specific body part.

Noticing body signals gives us clues to our emotions and helps us to develop self-awareness, self-regulation, problem solving and social awareness. *Practice during everyday life is very important, as this focus can be unfamiliar and hard for many of us.*

### How can you help at home?

- *Make observations and draw your child's attention to their feet and toes. For example; "I see your feet are wiggly. Look at your feet. Do you see them wiggling?"*
- *Or, "Your feet feel sweaty. Put your hand right here. Do you feel the wet sweat on your foot?"*
- *Or, "Your feet are jumping/jiggling (you can use a quick video. Look at your feet jumping/jiggling in the video"*

- *Offer choices if your child is struggling to identify descriptors.* For example; "Do your feet feel warm or cold?"
- *Or, "Do your feet feel sweaty or dry?"*
- *Or, "Do your feet feel fast or slow?"*
- *Or "Do your feet feel tight or loose?"*
  
- *Or, "How do your feet feel right now?"*
  
- **There is no right or wrong answer. The aim is to draw attention to the body part and for pupils to start to be able to 'read' the signals they may/may not be feeling.**
  
- **Daily activities to draw attention to the feet and toes;**
- Taking a bath/shower
- Walking on the carpet
- Walking in the grass
- Walking on a balance beam
- Standing on one foot
- Going outside in hot/cold weather
- Jumping on a trampoline
- Climbing on playground equipment
- Kicking a ball
- Relaxing on the couch or chair
- Putting on socks/shoes
- During a foot tickle
- Running or active play
- Carrying a heavy load
- Putting lotion on feet.
- Carrying a heavy load

*The whole family can join in with these activities!*

**Please let us know if you have any queries, interesting observations or feedback. We look forward to hearing from you!**