

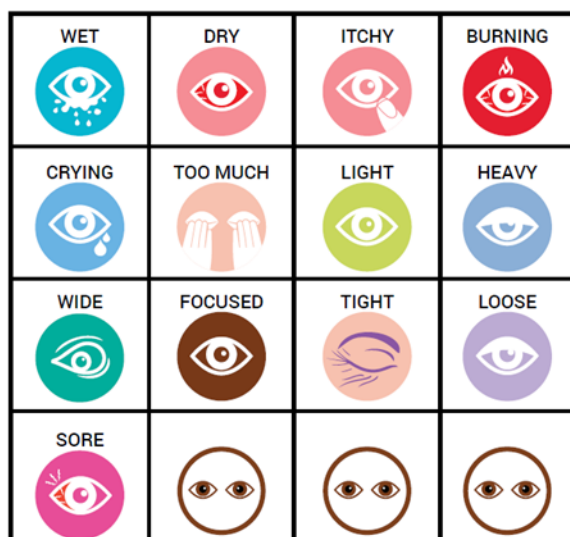
## Interoception

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 the eyes*. 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 can be unfamiliar and hard for many of us.*

### How can you help at home?

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 eyes.

Going to sleep	Wearing sunglasses	Watching a movie in the dark	Watching bubbles float	First waking up	Catching a ball	Going swimming	Reading a book
Looking at a favourite item	Standing in front of a fan	In a crowded place	Looking at clouds	Stepping into sunshine	Watching a movie	Doing computer work	In a dark room

*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!

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