



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 nose*. Here are the descriptor words we have been targeting:

RUNNY 	STUFFY 	TOO MUCH 
ITCHY 	WARM 	DRY 
COLD 	SORE 	
		

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 nose:

In the rain	Making a funny face	Smelling dinner	Taking a deep breath	Watching TV	Cold air	In hot weather	After running
In a restaurant	Laughing	Feeling poorly	Smelling perfume	Blowing nose	Near a strong smell	In cold weather	In fresh air

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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