

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 our skin*. 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 our skin:

Hugging	Taking a shower/bath	After exercise	Cold/hot weather	Near a fire	Standing in the sun	Using fiddlies	Freezer isle in a shop
Being tickled	Standing in front of a fan	Reaching into the freezer	After a cut or bruise	Putting on lotion	Taking a bite of food	Sitting in a warm car	Lying under lots of blankets

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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