



**Interoception - Teaching sensations in the Body:** Developing language and experiences to support interoceptive awareness.

If a student is uncomfortable, **DO NOT** force them to participate in any of these activities. These activities have two purposes: 1) to shift attention to the body and notice the physical sensations occurring to build interoceptive awareness, and 2) to build vocabulary to talk about these sensations. If students give you a feeling word rather than an emotion (physical sensation), gently guide them to a physical sensation by asking, “How do you know you feel that way?”

1. Stand with your feet firmly on the floor. Reach one arm up high. Make your arm as long as you can while keeping your feet firmly on the floor. Now, reach even higher and hold it in the air while I count to 10. Now 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**
2. Pull your shoulders up towards your ears, get them as close to your ears as you can. Hold them and notice how your shoulders, your neck, and your face feel.  
What words would you use to describe this? **Tight, tense, hurts**  
Now put your shoulders way down, how would you describe them now? **Relaxed, loose, droopy**
3. Try standing on one leg without holding onto anything, now try closing your eyes, how does that feel? **Wobbly, shaky, dizzy**
4. Put the palms of your hands over your ears, press gently against your ears (you may hear low rumbling sounds). Everyone try it for a few seconds and then take your hands off your ears. We’re going to do it again, this time I’m going to be talking to you while your hands are over your ears, don’t take your hands off your ears until I raise my hand. While they have their hands over their ears for 20 seconds talk in a soft low voice. Raise your hand to indicate they should take their hands off their ears.  
What words would you use to describe this? **Floating, airy, spacey, disconnected, fuzzy**

Other things to try:

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

Spinning (**dizzy, wobbly**)

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

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

Think about ants crawling around (**itchy, tickly, shivery, chills, goose-bumps, shuddering**)

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

Tap your cheekbones with your fingertips while I count to 10 (**tingly, airy, light**)

Put one of your hands palm down on a table, 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 your earlobes feel (**numb, heavy, tingling, warm,**)

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

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

Reach an arm across your body, wrap the other arm around it and pull it into your body, hold it while I count to ten, drop both arms down (**light, heavy, loose, tense, stiff, cold, sore**)