

Instructions for Body Bingo:

Laminate the student pages so they can use repeatedly.

There are two different bingo cards to choose from, one with boxes and one with a body outline.

1. Have students pick a body part and reflect upon on that body part.
2. Then they chose a sensation that best describes how that body part is feeling.
3. Then they write that sensation in that square, or on the body, depending on which card you are using.

For younger students, or those new to the concept of interoception, you can spend some time teaching the interoception words prior to or during the activity.

Variations and Extensions:

Getting bingo -

- You can call out sensations or body part and if they have chosen that sensation or body part they get a check mark on that spot. Or, they get check marks if more than one person put the same sensation, or if they are the only ones with that sensation, etc.
- The first person to get a certain number of check marks gets bingo.

Write in their journals for a few moments, either free writing or use one of these prompts.

What clues is your body giving you about what you might be feeling right now? Or, what you might need?

Are you regulated or dysregulated? How do you know?

Are you in the right part of your brain, or is your body ready, for the activity that we will be doing next?
What can you do about that?