

# Interoception Card Game:

This game is intended to increase interoceptive awareness. The words are sorted into 3 different decks by color. Each color corresponds to a state of nervous system activation.

- When the child is having a physical sensation from the red pile their Braindrops are most likely in the red portions of their body and they are likely in a state of hyper-arousal.
- From the green pile their Braindrops are most likely in the green portions of their body and they are likely in a regulated state.
- From the blue pile their Braindrops are most likely in the blue portions of their body and they are likely in a state of hypo-arousal.



Two very important things to remember during your exploration with children.

1. This is simply a guide and most of us will have these physical sensations when we are in different states than I have suggested. These sensations can be felt on a continuum, meaning we may feel them a little and be in a regulated state and/or feel them intensely and enter a hyper- or hypo-aroused state. Please note, this is intended to help you begin to communicate with children about nervous system activation and Braindrops. **Always allow space for people to determine where they are feeling the physical sensation, even if it does not fit within the suggested guidelines.**
2. **Our goal is NOT to avoid hyper-arousal and hypo-arousal.** These are natural states, and it is vital that we all learn to navigate them in healthy ways. Our nervous systems are made to pulse between these different states of arousal. Our goal in exploring this with our children is to help them have a choice, and the ability, to return to a regulated state, not to always stay in one.

## Ways to play:

Play with one, two, or all three decks of cards.

Have each person pick a card. You can either let other people see the card or you can choose to have them guess based on your actions. Do one of the things below in response to the card you picked.

- Share a time when you had this physical sensation. Or, a situation in which you could imagine yourself having this physical sensation as a reaction.
- Name all the different places in your body you have had this physical sensation.
- Show us what it looks like when you are having this experience.
- Draw a picture of what this looks or feels like.
- Make up a story about a time when someone might have this experience.
- Find an item that reminds you of this physical sensation.
- Come up with a physical sensation that you think is the opposite of the one you picked.
- Name other physical sensations that feel similar to this one.
- Make a sound that fits with this physical sensation.
- Pick an animal that you think goes with this physical sensation.

You can go through the list of activities and do all of them in turn. Or, you can focus on only one or a few based on the age of participants and your goals.

You can give points for different activities if you want to promote participants trying certain ones. Or, you can play this cooperatively with everyone doing the activities together. Other ways to use these cards are to have children place them on pictures of bodies to show their own experiences

<b>HOT</b>	<b>THROBBING or POUNding</b>	<b>PULSING</b>
<b>SPEEDY</b>	<b>SPINNING</b>	<b>SCRUNCHED</b>
<b>SHAKY</b>	<b>ITCHY</b>	<b>FIDGETY</b>
<b>BUZZING</b>	<b>JUMPY</b>	<b>TIGHT or TENSE</b>
<b>DIZZY</b>	<b>WIGGLY</b>	<b>ENERGETIC</b>
<b>TREMBLY</b>	<b>BURNING</b>	<b>SHIVERY</b>

WARM	TINGLY	LOOSE
STRETCHED	LIGHT or AIRY	BUBBLY
CHILL	BALANCED	RESTED
RELAXED	STABLE or STEADY	COMFORTABLE
GROUNDING	FLOWING	SMOOTH
OPEN	SAFE	BRIGHT

COLD	NUMB	HEAVY
WEAK	SORE	NAUSEOUS
FROZEN or STUCK	FUZZY, FOGGY, or DIZZY	SLUGGISH
SLOW	TEARY	ACHY or SORE
FLOPPY or DROPPY	SUFFOCATED	DISCONNECTED
DULL	EMPTY	BLOCKED