

Teaching sensations in the Body:

When doing any of these activities if a child is uncomfortable **DO NOT** force them to participate. These activities have two purposes: 1) begin to shift attention to the body and notice the physical sensations occurring to build interoceptive awareness, and 2) build a vocabulary to talk about these sensations. If students give you a feeling word rather than an emotion (physical sensation) you can 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 just hard enough so it sounds like you can hear low rumbling sounds. Everyone try it for a few seconds and then take your hands off of your ears.

This time we're going to do it again but 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

Other things to try:

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

Spinning (***dizzy, wobbly***)

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

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

Think about ants crawling around (***itchy***)

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

Tap your cheek bones with your finger tips while I count to 10 (***tingly, airy, light***)

Put one of your hands palm down on a table and 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***)

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

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