

INTEROCEPTION – DAILY ACTIVITY LIST



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WHAT IS INTEROCEPTION?

Interoception is a sense that allows us to notice internal body signals like a growling stomach, racing heart, tense muscles or full bladder. Our brain uses these body signals as clues to our emotions. Research shows that the ability to clearly notice body signals is linked to the ability to identify and manage the following emotions and more:

Hunger	Pain	Sleepiness	Anxiety	Calm
Fullness	Illness	Need for Bathroom	Distraction	Boredom
Thirst	Body Temperature	Anger	Focus	Sadness

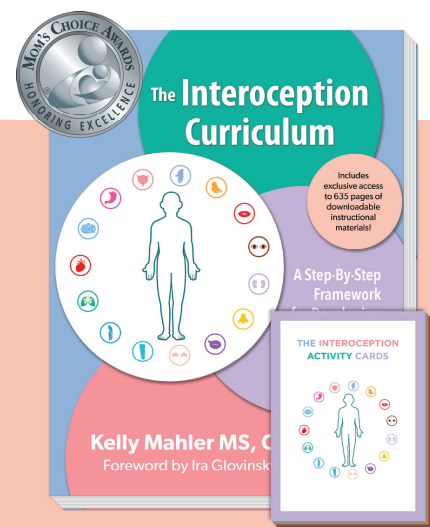
IMPROVING INTEROCEPTION

Improving interoception is good for all of us! The key is to take the time during daily activities to pay attention to our body signals. Many times, it can be easier to notice a body signal when participating in an activity that evokes a strong sensation. For example, it can be easier to notice how your heart feels during active play/exercise or how your mouth feels when sipping a cold drink. The following list provides sample daily activities that may evoke stronger body signals within 15 different body parts. These activities can serve as an opportunity to pay attention to the corresponding body part and notice how it feels. The more practice the better! Enjoy and have fun!

For a more comprehensive approach to developing interoception check out the following evidence-based, award-winning resource:

THE INTEROCEPTION CURRICULUM BUNDLE

<https://www.kelly-mahler.com/product/the-interoception-curriculum-bundle/>



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HANDS



Going outside in hot/ cold weather	Eating finger foods	Playing with clay, playdough	Clapping	Playing in snow, rain	Washing hands	Hanging on monkey bars	Climbing on playground equipment
Doing a cartwheel or handstand	Writing name on paper	Typing	Washing dishes	Holding a warm/cold drink	Catching a ball	Carrying a heavy load	Putting on hand lotion

FEET



In the bath/ shower	Walking/ resting feet on carpet	Walking/ resting feet in grass	Walking on a balance beam	Standing on one foot	Kicking a Ball	Jumping on a trampoline	Climbing on playground equipment
Going outside in hot/ cold weather	Relaxing on the couch or chair	Putting on socks/ shoes	Taking off sock/shoes	During a foot tickle	While running or active play	Carrying a heavy load	Putting lotion on feet

MOUTH



Brushing teeth	Taking a sip of ice water	Taking a sip of warm tea	Eating a mint	Gargling with mouthwash	Chewing gum	Blowing bubbles	Blowing up a balloon
Eating a crunchy snack	Eating soup	Eating a chewy snack	Putting on Chapstick	Eating a popsicle	Humming a song	Wiping with napkin	Sucking an ice cube

EYES



Reading a book	Stepping into sunshine	At bedtime/naptime	Wearing sunglasses	Watching a movie	In a crowded place	Underwater swimming	Watching bubbles float
Catching fireflies	Eating soup	When waking up	Looking for cloud animals	Looking at favorite item	In a dark room	In a bright room	Catching a ball

EARS



In a movie theater	During a thunder storm	After a loud sound	Wearing headphones	Watching TV	In a crowded place	Underwater	In the Shower
Someone whispering to me	Listening to rain	Listening to birds	Playing name that sound	Listening to favorite song	In a quiet room	In cold/hot weather	After listening to directions

NOSE



In a movie theater	Making a funny face	While dinner is cooking	Taking deep breath	Watching TV	Breathing in cold air	In hot weather	After running
In a restaurant	Laughing	During an illness	Smelling perfume	Blowing nose	Hanging upside down	In cold weather	Swimming

VOICE



Answering a question	In a movie theater	Singing favorite song	During tickle time	Copying a character's voice	Saying hi to someone far away	Repeating favorite lines from movies	After running
Saying something into a pillow or blanket	In a library	Telling a secret	Right before bed	Saying hi to someone nearby	During mealtime	Singing a favorite song	Playing on playground

CHEEKS



Blowing bubbles	Taking a shower/bath	After active play/exercise	Going outside in hot/cold weather	Standing near a fire or heater	Shaving face	Smiling really big	Sucking on a straw
Holding breath	Standing in front of a fan	Blowing a whistle/instrument	Making silly faces	Putting on face lotion	In a warm car	Chewing or eating	Washing face

SKIN



Hugging a loved one	Taking a shower/bath	After active play/exercise	Going outside in hot/cold weather	Standing near a fire, heater or fan	Standing in sunshine	Playing in a sensory bin	In freezer section of store
During tickle time	Standing in front of a fan	During/after Water play	After a cut, scrape, bruise	Putting on lotion	In a warm car	Reaching in refrigerator	Laying under lots of blankets

MUSCLES



Hugging a loved one	Taking a shower/bath	After active play/exercise	Going outside in the cold	Stretching	Playing on playground	Carrying a heavy load	Running around
During tickle time	Getting a massage	Watching TV	At bedtime	Reading a book	In a warm car	In the freezer section at store	Laying under lots of blankets

LUNGS



Hugging a loved one	Driving in the car	After active play/exercise	Going outside in the cold	After coughing	Playing on playground	Carrying a heavy load	Breathing with favorite toy on belly
During tickle time	Getting a massage	Watching TV	At bedtime	Reading a book	Blowing a whistle or instrument	Blowing Bubbles	Laying under lots of blankets

HEART



Hugging a loved one	Driving in the car	After active play/exercise	Watching a scary movie	During silly time	Playing on playground	Carrying a heavy load	Climbing steps
During tickle time	Getting a massage	Watching TV	At bedtime	Reading a book	When waking up	During bath time	Laying under lots of blankets

BRAIN



Hugging a loved one	Doing homework	After active play/exercise	When swinging/spinning/hanging at playground	During silly time	In a crowded place	In a noisy room	In a quiet place
During favorite activity	During a head massage	Watching TV	At bedtime/wakeup	Reading a book	Doing a handstand/cartwheel	During bath time	Laying under lots of blankets

STOMACH



Laying on stomach	After a meal	At wake up	Swinging at playground	During silly time	During tickle time	Watching a suspenseful video	After running
Before a meal	Going somewhere new	Going down a slide	Wearing a seatbelt	During hiccups	After drinking a few big sips of water	Doing crunches or sit-ups	Going over bumps in the car

BLADDER



Laying on stomach	Before going to the bathroom	At wake up	During a long car ride	While peeing (please respect privacy)	Wearing a seatbelt		
After going to the bathroom	Watching TV	At bedtime	Doing crunches or sit-ups	5 minutes after drinking a few big sips of water	20 minutes after drinking a few big sips of water		