**This form can be used as a template by education staff to plan for the inclusion of interoception activities into daily class activities.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| *Name of activity* | *Name of activity* | *Name of activity* | *Name of activity* | *Name of activity* |
| *Focuses on*  Muscles  Breathing  Temperature  Pulse  Other | *Focuses on*  Muscles  Breathing  Temperature  Pulse  Other | *Focuses on*  Muscles  Breathing  Temperature  Pulse  Other | *Focuses on*  Muscles  Breathing  Temperature  Pulse  Other | *Focuses on*  Muscles  Breathing  Temperature  Pulse  Other |
| *What will the students do?* | *What will the students do?* | *What will the students do?* | *What will the students do?* | *What will the students do?* |
| **Complete the activity for the first time** | | | | |
| *What part of the body will they focus on the second time?* | *What part of the body will they focus on the second time?* | *What part of the body will they focus on the second time?* | *What part of the body will they focus on the second time?* | *What part of the body will they focus on the second time?* |
| **Complete the activity for the second time** | | | | |
| *What will be the change in bodily state?* | *What will be the change in bodily state?* | *What will be the change in bodily state?* | *What will be the change in bodily state?* | *What will be the change in bodily state?* |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY**  Example of completed interoception activity plan | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| *Name of activity*  Wall sit | *Name of activity*  Rainbow breathing | *Name of activity*  Soup spoon | *Name of activity*  Mountain climb | *Name of activity*  Shoulder roll breathing |
| *Focuses on*  Muscles  Breathing  Temperature  Pulse  Other | *Focuses on*  Muscles  Breathing  Temperature  Pulse  Other | *Focuses on*  Muscles  Breathing  Temperature  Pulse  Other | *Focuses on*  Muscles  Breathing  Temperature  Pulse  Other | *Focuses on*  Muscles  Breathing  Temperature  Pulse  Other |
| *What will the students do?*  Lean against a wall and squat down pressing their backs against the wall. Hold for 30 seconds | *What will the students do?*  Stand with arms by side. Breathe in through nose and raise arms to their head. When breathing out through mouth bring arms down to side | *What will the students do?*  Sitting on the ground, lift legs off the ground. Lean forward and put arms past knees. Hold for 30 seconds | *What will the students do?*  Stand up and find their pulse on their neck or wrist. Record heartbeat for 1 minute. After recording heartbeat go into plank position. Pull one knee to chest and switch each leg simultaneously, creating a running motion, for 1 minute. Record heartbeat again after the minute. | *What will the students do?*  As they breathe in through their nose, they raise their shoulders up to ears. Breathe slowly out through mouth, lowering shoulders as exhaling. Repeat for 10 seconds. |
| **Complete the activity for the first time** | | | | |
| *What part of the body will they focus on the second time?*  Thigh muscles | *What part of the body will they focus on the second time?*  Focus on deep breaths in through nose and out through mouth | *What part of the body will they focus on the second time?*  Focus on core muscles (abdominal) | *What part of the body will they focus on the second time?*  Their heartbeat (pulse) | *What part of the body will they focus on the second time?*  Focus on big deep breaths in through nose and out through mouth |
| **Complete the activity for the second time** | | | | |
| *What will be the change in bodily state?*  Thigh muscles will feel tight or stretched compared to relaxed when standing | *What will be the change in bodily state?*  Body will feel relaxed | *What will be the change in bodily state?*  Core muscles will feel tight, stretched, strong | *What will be the change in bodily state?*  Heartbeat will be faster | *What will be the change in bodily state?*  Body will feel relaxed |