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

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| **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?*      |

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| **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*[x]  Muscles[ ]  Breathing[ ]  Temperature[ ]  Pulse[ ]  Other  | *Focuses on*[ ]  Muscles[x]  Breathing[ ]  Temperature[ ]  Pulse[ ]  Other  | *Focuses on*[x]  Muscles[ ]  Breathing[ ]  Temperature[ ]  Pulse[ ]  Other  | *Focuses on*[ ]  Muscles[ ]  Breathing[ ]  Temperature[x]  Pulse[ ]  Other  | *Focuses on*[ ]  Muscles[x]  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 |