

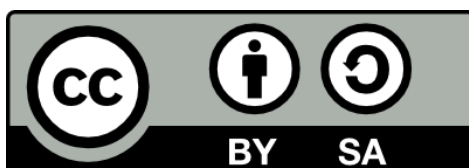
Interoception & Communication



Government
of South Australia

Department for Education

Pazios, A. (2020) *Interoception & Communication*, Department for Education, South Australia.



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Foreword

This booklet has been developed as a supporting resource for *Ready to Learn Kit, Interoception:301* and *Interoception, Parent and Caregiver Booklet*, Department for Education, South Australia.

This booklet supports the implementation of interoception activities with children who are non-verbal, have limited functional communication or respond best with visual instructions.

This is a guide to how you can complete activities with your child throughout your day. It outlines ways in which you can incorporate children's individual communication needs and the interoception language into activities you are already doing.

By encouraging our children to communicate and to connect to themselves during everyday activities, we help our children to identify their body signals, recognise when their body signals change, communicate what they are feeling and act or respond in a socially acceptable way to these body signals.

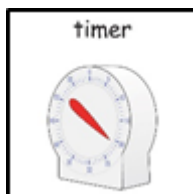
We hope you find this booklet useful to help your children deal with big emotions.



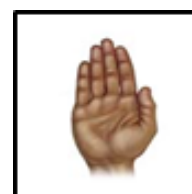
Interoception activity

Finger Stretch

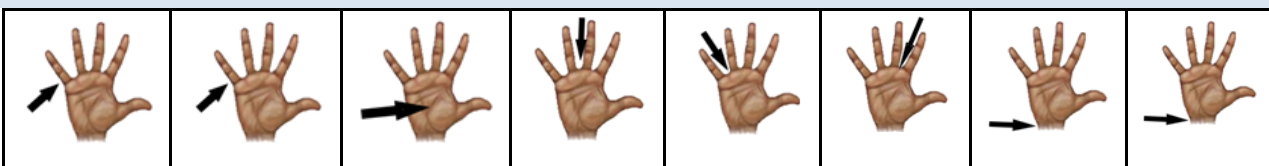
Sitting down, rest your hands in your lap, stretch your fingers as wide apart as you can and hold them for 30 seconds.



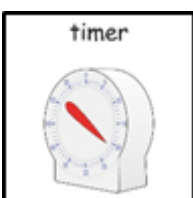
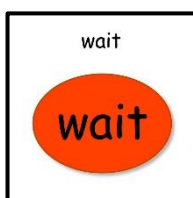
Now rest them back again.



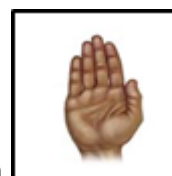
Where did you feel it when your hands were stretched?



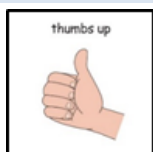
We are going to repeat the activity again, but this time we are going to focus on the webbing between our finger and thumb.



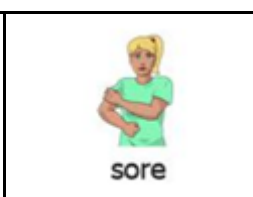
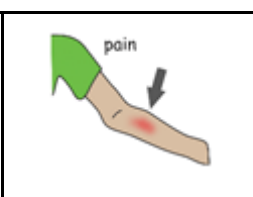
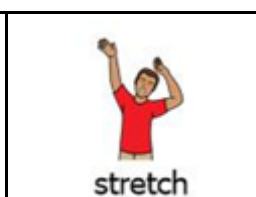
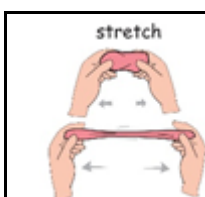
Rest them back again



Did you feel it between your finger and thumb?



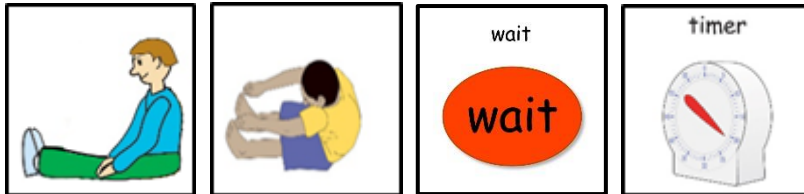
What did you feel?



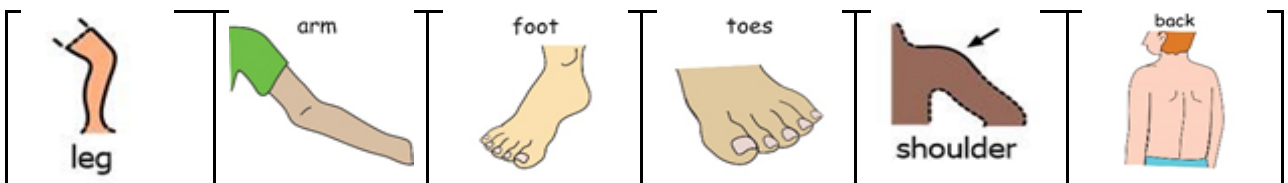
Interoception activity

Toe Touch

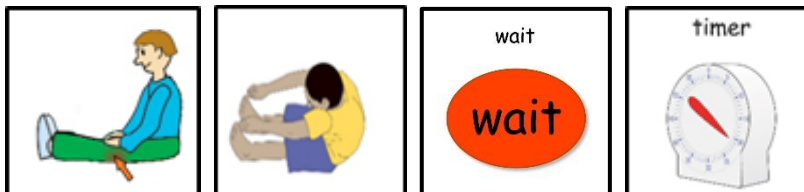
In a seated position on the floor, sit up straight and stretch your legs out. Reach your arms out straight and try to touch your toes. Hold this for 30 seconds.



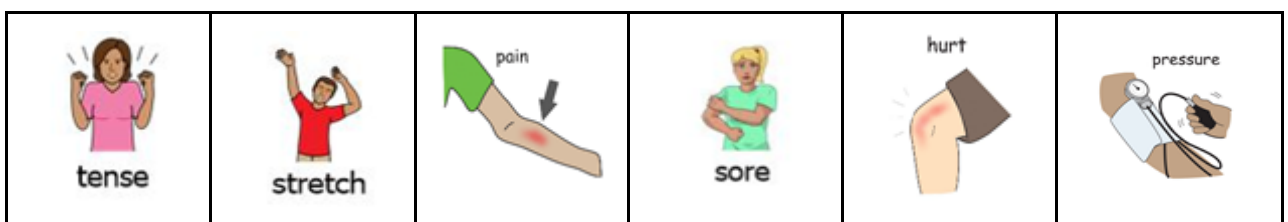
Where did you feel it?



We are going to repeat this activity again, but this time we are going to focus on the muscles at the back of our legs (our hamstrings)



What did you feel?

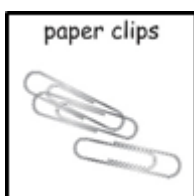


Interoception activity

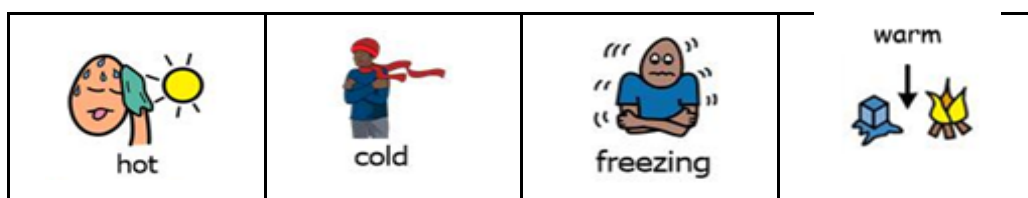
Paperclip

Place some paperclips in the freezer prior to this activity.

Give your child a paperclip from the box.

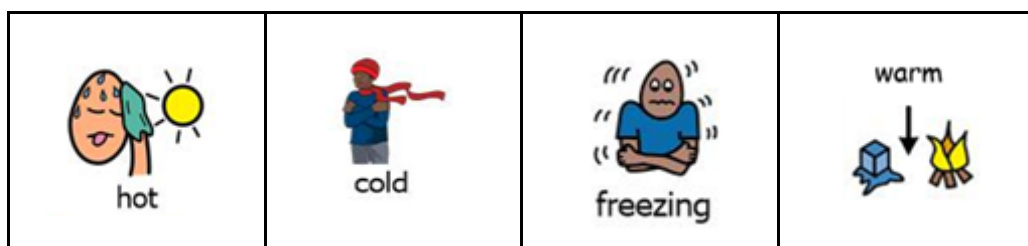


What do you feel?



We are going to repeat the activity again, but this time you are going to give your child a paperclip from the freezer.

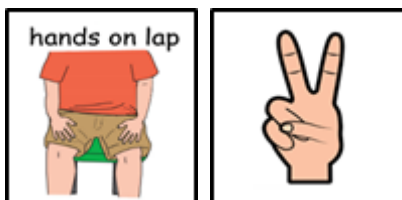
What do you feel?



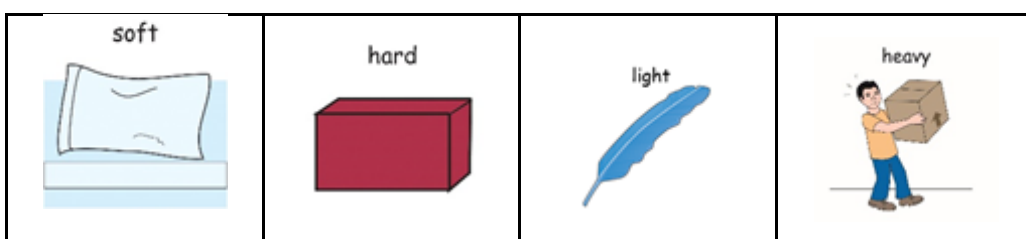
Interoception activity

Firm versus Light Touch

Sitting down, rest your hands on your lap. Rest 2 fingers on the top of your leg.

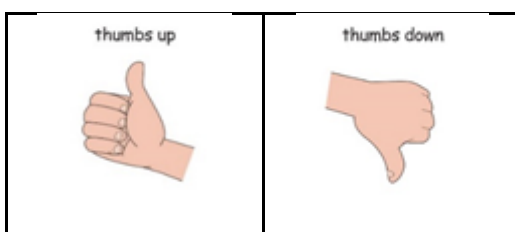


What do you feel?

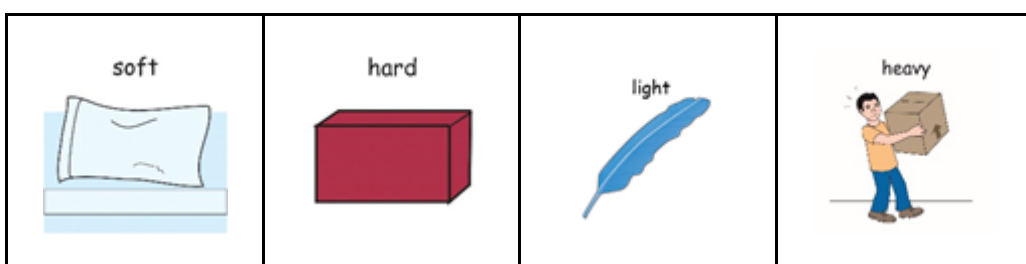


We are going to repeat the activity again, but this time we are going to push our 2 fingers into our leg.

Are the feelings in your leg/fingers different?



What do you feel now?



Interoception

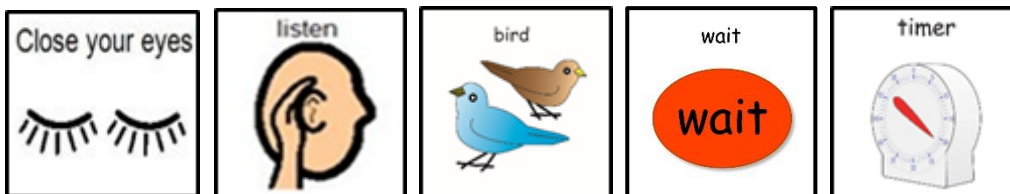
Incidental learning

Interoception activity

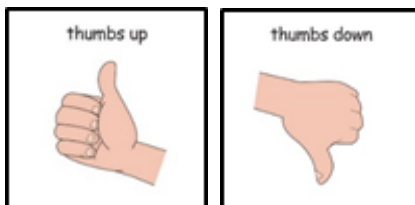
Music/Sounds

Notice the sounds in the environment around you. Bring your child's attention to something you can hear, following the example below:

Close your eyes and listen to the sounds of the birds, listen for 30 seconds.



Can you hear the birds?



What can you feel inside your body?



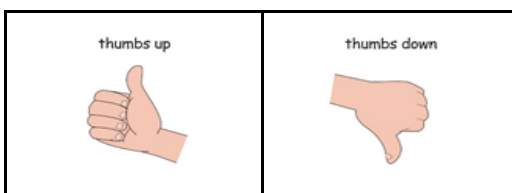
Interoception activity

Baking

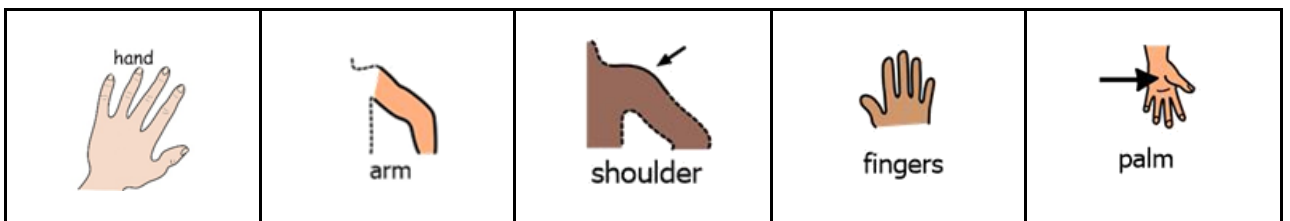
Bake a cake together. While your child is stirring the ingredients in the bowl, ask them to use their muscles and stir hard 5 times.



Did you feel it?

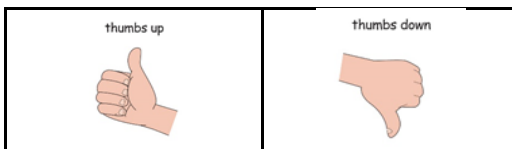


Where did you feel it in your body?

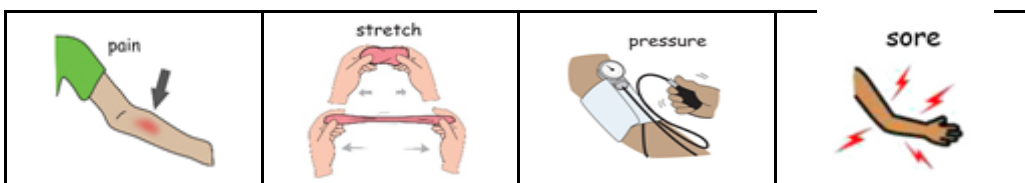


We are going to stir the ingredients again, but this time we are going to focus on what we notice about our arm muscles. Ask your child to use their muscles and stir hard 5 times.

Did you notice it in your arm muscles?



What did you feel in your arm muscles?



Interoception activity

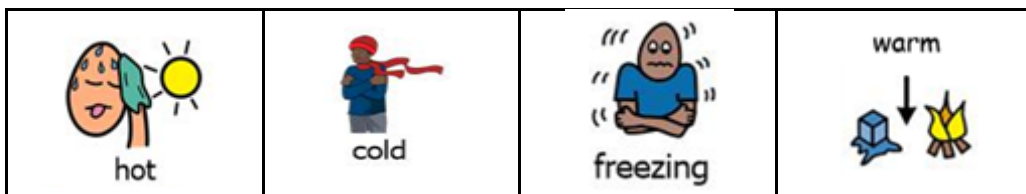
Temperature

These activities can be done on days when the outside temperature is different from the inside temperature.



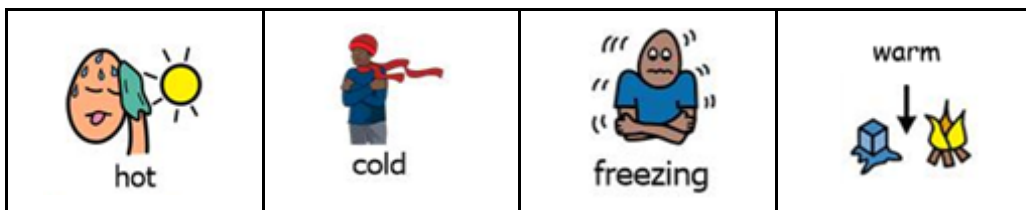
On a cold day, stand still inside your house. Put your hands on your arms.

How does it feel?



Now go outside into the air. Close your eyes, stand still and notice the air on your skin. Is it hot, cold, warm or cool? Now put your hands on your arms and feel your skin.

What do you feel?



What does this tell you about what you should wear?

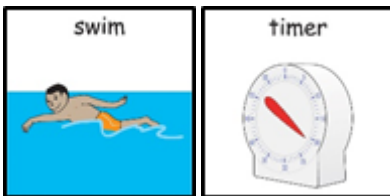


Interoception activity

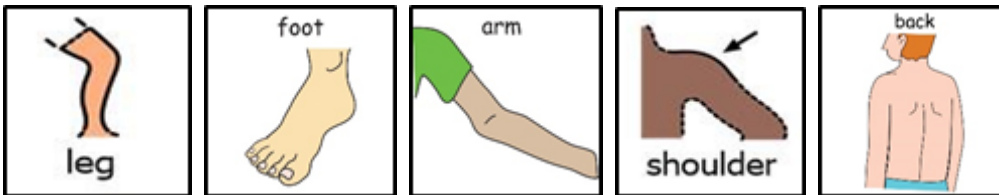
Swimming

This activity can be done when you are swimming

Ask your child to practise their swimming for 30 seconds.



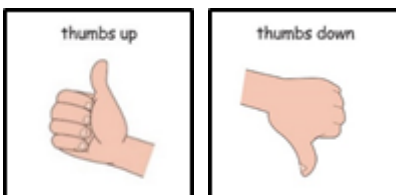
Where can you feel it when you swim?



We are going to repeat the activity again, but this time tell your child to focus on feeling it in their hands.



Did you feel it in your hands?



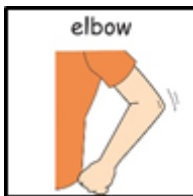
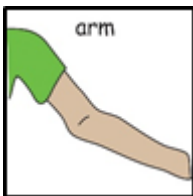
Interoception activity

Throwing a Frisbee

Ask your child to play Frisbee with you. Throw and catch the frisbee for 30 seconds.



Where did you feel it when you were catching the frisbee?



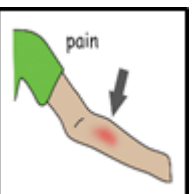
We are going to repeat the activity again, but this time tell your child to focus on what they feel in their hand.



Did you feel it in your hand?



What did you feel?



References

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Mahler, K. J. (2016). *Interoception: The Eighth Sensory System: Practical Solutions for Improving Self-Regulation, Self-Awareness and Social Understanding of Individuals With Autism Spectrum and Related Disorders*. AAPC Publishing.

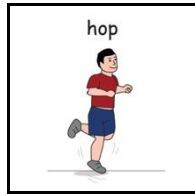
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Boardmaker images PCS® images used with permission from Tobii Dynavox Licensing (www.goboardmaker.com). All rights reserved.



Appendix A – Interoception Activity



Where can you feel it?

Now focus on feeling it...



What did you notice?



Appendix B – Interoception Activity | Set up card



Where can you feel it?

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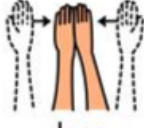






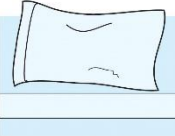














What did you notice?

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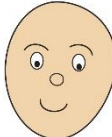



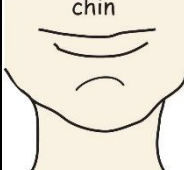
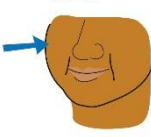
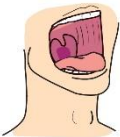
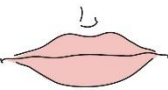



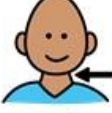
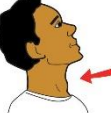
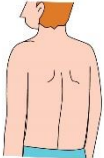

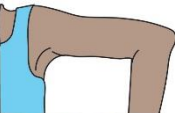
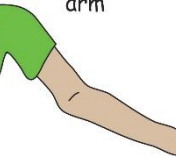
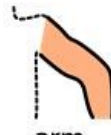





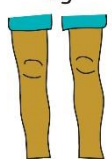









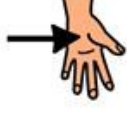

Appendix C – Interoception Opportunities | Communication Pictures

run 	skip 	hop 	jump 	dance 	walk 	stomp feet
ride 	climb 	bend 	mow the lawn 	swim 	swing 	catch
kick 	sweep 	hike 	play frisbee 	water plants 	go upstairs 	go downstairs
dig 	wipe table 	water ski 	water play 	write 	draw 	drink
bite 	crawl 	pull 	push 	bounce on ball 	gargle 	knock
wrap 	squeeze 	brush 	brush 	chop 	lift weights 	hit
build 	clap hands 	wash hands 	stir 	stretch 	throw 	tie

Appendix D – Interoception | Communication Pictures

timer 	wait 	foot on floor 	still 	sit 	hands on lap 	lap 
twirl 	move 	relax muscles 	tense 	flap hands 	listen 	listen 
open 	close 	thumbs down 	thumbs up 	okay 	good 	loose 
heavy 	loud 	soft 	light 	Close your eyes 	wiggle 	wiggle fingers 
twist 	hot 	warm 	sunny 	feel 	hard 	
t-shirt 	shorts 	track pants 	jumper 	baseball cap 	woolly cap 	
excited 	anxious 	sad 	happy 	tired 	angry 	bored 
excited 	worried 	sad 	happy 	tired 	angry 	frustrated 

Appendix E – Interoception Activities | Communication Pictures

head 	forehead 	eyes 	nose 	chin 	cheek 	throat 
mouth 	tongue 	ear 	teeth 	neck 	neck 	back 
elbow 	elbow 	arm 	arm 	muscle 	shoulder 	shoulder 
tummy 	stomach 	leg 	leg 	knee 	ankle 	ankle 
toes 	foot 	finger 	fingers 	hand 	palm 	thumb 

It hurts 	sore 	tense 	sweaty 	freezing 	stretch 	hot 
I am stiff 	sore 	hurt 	pressure 	pain 	Stretch 	cold 