

# Interoception

## Small group session structure

**Purpose:** The purpose of an Interoception cluster group is to identify children/students/young people who have undeveloped Interoception awareness and to help develop these skills in a targeted, intensive and individualised program.

**How to identify:** It is strongly recommended that teachers or leadership observe identified students and complete the [HSP431 Sensory overview support plan](#) in the observation, which includes a body awareness (interoception) section. The skills identified in the sensory overview support plan can be used to group students according to needs or run particular sessions on different interoception skills.

**Individualised Plan:** Once the students have been identified for the cluster groups then permission to access the group needs to be agreed upon by all stakeholders (eg – parents/caregivers, classroom teacher, site leadership). From this, each student accessing the interoception cluster group session needs to have an individualised [HSP421 Interoception support plan](#) which will help track and record the interoception skills developed the strategies for each skill.

### Structure of the cluster group session:

Activity:	Approximate time limit:	Examples:
Interoception activity – whole group or individual	5-10 minutes	Intensive interoception activity from the Interoception 101 or 201 guide or students can demonstrate their own interoception activities.
Development of personalised <a href="#">HSP432 Regulation scale</a>	10-15 minutes	Rich discussion with the cluster group leader developing the students personalised regulation scale resource. This document does not need to be completed in 1 session, it is recommended it is an ongoing, working document which is added and changed as body awareness and strategies are identified. For instance, one session could focus on the “comfort zone” – when is that student in their comfort zone? What are the body signals they experience in the comfort zone? What are the strategies for their comfort zone

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<p><u>Optional conclusion:</u> -Social story  -Sensory activity</p>	<p>5-10 minutes</p>	<p>Social story is created or read based on strategies discussed in their personalised regulation scale. Eg – strategies students can do when they are in learning zone or panic zone.</p>
<p>Interoception activity – before returning back to class.</p>	<p>2 – 5 minutes</p>	<p>Interoception activity of student's choice before returning back to class. Ensuring that students are regulated and ready to be engaged with their learning.</p>

**Review:** At the end of each term, the interoception cluster group needs to be reviewed.

- **HSP421 Interoception support plan** is to be reviewed. How is each student tracking and developing with their interoception awareness?
- **HSP432 Regulation scale** is to be reviewed. Is this document up to date? Does the classroom teacher/leadership and parents/caregivers have the most up to date copy of the student's personalised regulation scale?
- **Comparison of Interoception room access data compared to student behaviour data.** Has there been a decrease or increase in access room visits or behaviour incidences?
- **Student needs are to be reviewed.** Do the current students accessing the Interoception cluster group need to continue accessing the group? Is there any new students that require accessing the Interoception cluster groups?