

Object Permanence, Interoception and Theory of Mind

Object permanence

is knowing an object, person, place continues to exist when I cannot see it (ie myself, others, things, even the sun can still exist even when is it hidden)

Interoception

is the conscious connection to what is happening inside me (ie my heart rate, if I'm hungry or thirsty, if I'm too hot/ cold)

Theory of Mind

is knowing others have their own thoughts, feelings, ideas that may be different to mine



As an Autistic I am single minded.

It can seem I lack understanding of other's mental states, but it's more likely I'm not noticing due to attending elsewhere. My attention is occupied by what I'm interested in.

This is autism by nature, not by choice!

Utilise my interests to connect me to the bigger picture through role play, technology, story, objects, TV, YouTube, etc; and I'll connect!

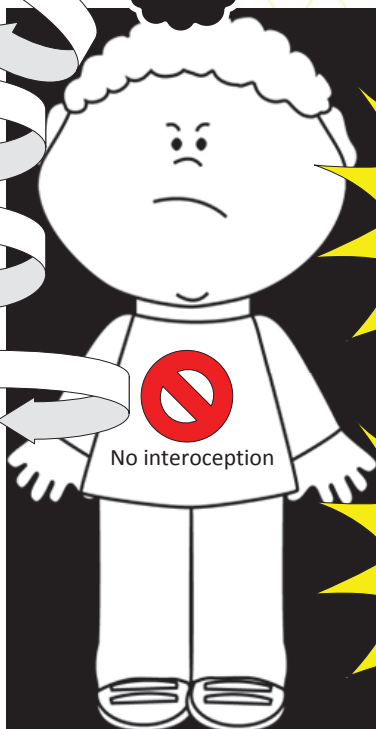
When I am focused it is within a narrow torch beam.

Without a focus on my interests or passions I am disconnected. I am only aware of one dominant thing (ie the clock ticking at the back of the room). Learning is offline.

When enveloped by my interests or passions I am connected. I can adjust to my environment and physical, emotional and cognitive input. I can learn.

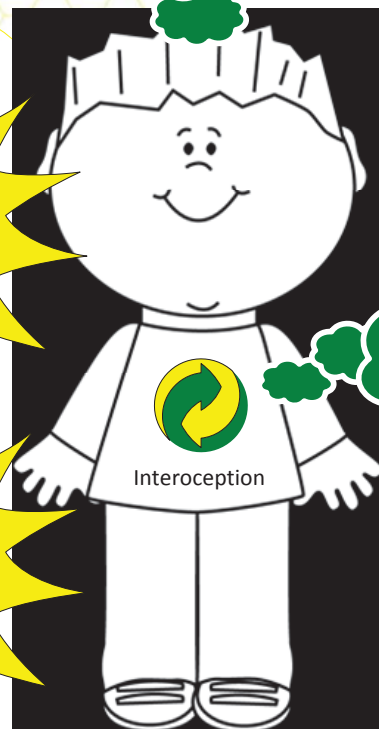
To prevent me being disconnected capture my attention using concepts within my interests and passions.

- Sensory**
 - fabric itchy
 - loud noises
 - clothing too tight
 - texture
 - smell
 - light
 - taste
 - touch
 - sound
- Instructions & information**
 - timetable
 - planning
 - schedule
 - technology
 - spelling
 - mathematics
 - teaching
 - reading
- Environment**
 - clock ticking
 - uncomfortable chair
 - too bright
 - colours
 - quiet
 - noisy
- Interoception**
 - sad
 - happy
 - thirsty
 - angry
 - anxious
 - too hot
 - hungry
 - too cold



Plan with me; use my passions and interests

Interoception exercises help me focus so I can feel



With interoception awareness I can self-regulate