



♥ Interoception is a big word! ♥

It means sensing things that are going on inside our body

My Body is like a House

Arms, hands, and fingers?

How does our head feel?

Mouth/voice?

How's my heart?

Tummy feels

Gut feels

Legs and feet doing AOK?

Eyeballs feel....

Windows open?

Let's stretch out into our backyard....

Any squirrels in the attic?

Front door ok?

Is your own room cozy?

How's the kitchen today?

What's the basement like today?

Let's stretch out into our front yard....

Sometimes, it's good to check in and see if everything is running alright.

This way everyone gets to be comfortable.

Every house has a **temperature**. Are we too warm...too cool, just right?

It's nice to have power for the lights, TV, and for cooking. How's the **energy** in our house doing?

Buzzy, too low, or just right?



ALL of our feelings are ok. When we tune into the feelings inside our body, it can help us with even more information!

Our body is our home that comes with us wherever we go. As we learn our body's language, we can learn to ask for the help we need, and learn to be kind and loving to our whole self.



Other senses we'll learn about together that can help us with feelings...

Proprioception (body awareness and position in the space around us)

Vestibular (awareness of our movement, balance, and coordination)

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