

Module
3

3 Steps to Building Interoception

Step 1: BODY



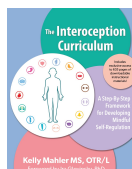
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3 Steps to Building Interoception

Step 1: BODY
 Build the learner's ability to **NOTICE** body signals in a concrete and slow method

Step 2: EMOTION
 Guide the learner to **CONNECT** body signals to emotion

Step 3: ACTION
 Guide the learner to find a variety of feel-good actions that help the learner **REGULATE**



BODY
EMOTION
ACTION

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Step 1: BODY



Goals:

- Increase the ability to **NOTICE** body signals during daily activities
- Increase **interoception language** by matching descriptor words to each of the body signals noticed

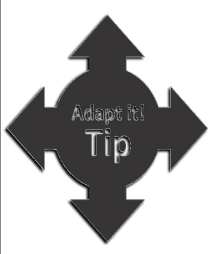
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 **Step 1: BODY**
Focus on one body part a week

 Outside 1. Hands & Fingers 2. Feet & Toes 3. Mouth 4. Eyes 5. Ears 6. Nose 7. Voice 8. Cheeks 9. Skin	 Inside 10. Muscles 11. Lung 12. Heart 13. Brain & Head 14. Stomach 15. Bladder
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 **Tips for Adapting Step 1**



Adapt It!
Tip

- **Make it Easier**
 - Slow the pace
 - Reduce the number (PRIORITIZE)
 - Replace lesson formats with IA Builders in isolation
- **Make it More Advanced**
 - Quicken the pace
 - Combine body parts
 - Add your own body part(s)

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 **Step 1: BODY**

The Fantastic Four IA Builders

1. Descriptor Menu
2. Focus Area Experiments
3. Body Check Chart
4. IA on the Fly

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Hands and Fingers

Introduce The Body Part Of Focus

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IA Builder: Descriptor Menu

DESCRIPTOR MENU

Hands and Fingers

Hands and fingers can feel many different ways. Here are a few words that describe what I might feel. I can use these words or use my own.

Body Part	My Hands and Fingers can Feel
Head	Happy
Neck	Tight
Shoulders	Loose
Arms	Hot
Elbows	Swifty
Chest	Heavy
Stomach	Fast
Legs	Slow
Feet	Wet
Hands	Squishing
Fingers	Clean
Thumb	Want to throw
Index	
Middle	
Ring	
Pinky	

PRE-READER DESCRIPTOR MENU

MY HANDS CAN FEEL:

Cold	Warm	Tight
Loose	Squishing	Fast
Slow	Wet	Dry
Messy	Clean	Sore

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IA Builder: Descriptor Menu

DESCRIPTOR MENU

Hands and Fingers

Hands and fingers can feel many different ways.
Here are a few words that describe what I might feel. I can use these words or use my own.

Body Part	My Hands and Fingers can Feel		
Hands and Fingers	Size	Weight	Flexibility
	Clenched	Tight	Loose
	Warm	Hot	Sweaty
	Cold	Flappy	Prickly
	Sore	Misty	Clean
	Dry	Wet	Squawking
	Fast	Slow	Want to Hit/Throw
	Shaky		

Add to the Descriptor Menu

- Accept all answers
- Use questions that help you understand the learner's perspective (e.g. That is a great word!! Can you explain what it means?)
- Action words can be included (e.g. flappy, want to hit, want to throw)

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IA Builder: Descriptor Menu

WHY it helps:

DESCRIPTOR MENU

Hands and Fingers

Hands and fingers can feel many different ways.
Here are a few words that describe what I might feel. I can use these words or use my own.

Body Part	My Hands and Fingers can Feel		
Hands and Fingers	Size	Weight	Flexibility
	Clenched	Tight	Loose
	Warm	Hot	Sweaty
	Cold	Flappy	Prickly
	Sore	Misty	Clean
	Dry	Wet	Squawking
	Fast	Slow	Want to Hit/Throw
	Shaky		

Brainstorming words can be a good introduction

- Provides a visual support
- Builds interoception vocabulary
- Organizes details and gives the 'big picture' category of the different ways the hands and fingers can feel



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IA Builder: Descriptor Menu

DESCRIPTOR MENU

Hands and Fingers

Hands and fingers can feel many different ways.
Here are a few words that describe what I might feel. I can use these words or use my own.

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	Sore	Misty	Clean
	Dry	Wet	Squawking
	Fast	Slow	Want to Hit/Throw
	Shaky		



Focus on 2-4 priority words (tight vs loose; wet vs dry)



Use Pre-Reader Menus



Add words to AAC

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IA Builder: Focus Area Experiments

FOCUS AREA EXPERIMENTS
HANDS AND FINGERS

Experiment	Makes My Hands and Fingers Feel
Put your hands in warm water for 15 seconds.	
Put your hands in cold water for 15 seconds.	
Shake your hands fast for 15 seconds.	
Smear lotion on your hands, but do not fully rub into skin for 10 seconds.	
Wipe or wash the lotion off of your skin.	
Blow on the back of your hand.	
Hold an ice cube or ice pack in your hands for 10 seconds.	
Make a fist and hold it for 15 seconds.	
Clap your hands firmly five times.	
Keep your hands as still as a statue for 30 seconds.	

DESCRIPTOR MENU

Hands and Fingers

Hands and fingers can feel many different ways. Here are a few words that describe what I might feel. I can use these words or use my own.

Body Part	My Hands and Fingers can Feel		
Hands and Fingers	Bill	Waggy	Filgely
	Drenched	Tight	Loose
	Warm	Hot	Sweaty
	Cold	Flappy	Fisted
	Sore	Messy	Clean
	Dry	Wet	Scorching
	Fast	Slow	Want to throw
	Shaky		

****Always respect sensory sensitivities****

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IA Builder: Focus Area Experiments

WHY it helps

FOCUS AREA EXPERIMENTS
HANDS AND FINGERS

Experiment	Makes My Hands and Fingers Feel
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Keep your hands as still as a statue for 30 seconds.	

- Concrete meaning to Descriptor Menu words
- Fun practice NOTICING and DESCRIBING interoceptive sensations
- Safe way to experience sensations

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Adapt It! Tips

FOCUS AREA EXPERIMENTS
HANDS AND FINGERS

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Adapt Tip Break experiments into smaller chunks

Adapt Tip Limit experiments to 2 priority words (tight vs loose; wet vs dry)

Adapt Tip Repeat experiments to firm up connections

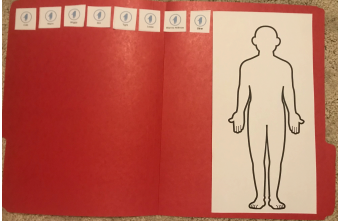
Adapt Tip Encourage learners to create new experiments (e.g. what else could we do to make your hands feel ___?)

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IA Builder: Body Check Chart
File Folder Version

BODY CHECK CHART PRACTICE FORM:
Check Your Body



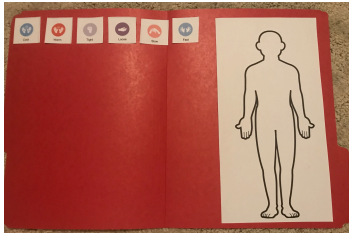
 Shake	 Wiggle	 Fidgety	 Clenched
 Tight	 Loose	 Warm	 Cold
 Hot	 Sweaty	 Flaky	 Pained
 Want to hit/throw	 Dry	 Clean	 Other

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IA Builder: Body Check Chart
File Folder Pre-Reader Version

**FILE FOLDER BODY CHECK CHART
PRE-READER ICONS
Hands and Fingers**



 Cold	 Warm	 Tight	 Loose
 Itching	 Fist	 Bite	 Shake
 Try	 Nervous	 Clean	 Dry
 Other	 Other		

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IA Builder: Body Check Chart
Life-sized Version



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Icon Tips



- Icons should contain words that were discussed during **Descriptor Menu** and evoked during **Focus Area Experiments**
- Within each body part, include an icon that is blank or is labeled 'other'

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IA Builder: Body Check Chart

Paper Body Check

Body Part	How I Feel			
Hands and Fingers 	Still	Wiggly	Fidgety	
	Clenched	Tight	Loose	
	Warm	Hot	Sweaty	
	Cold	Flappy	Fisted	
	Stiff	Messy	Clean	
	Dry	Wet	Squeezing	
	Fast	Slow	Want to h/throw	
	Sore			

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IA Builder: Body Check Chart

WHY it helps:

- Takes an abstract concept (notice how my body feels) and makes it visual & concrete
- Interactive
- Organizes details and gives the 'big picture' of the different ways the specific body part can feel
- Gives Repeated Positive Practice noticing body signals



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IA Builder: Body Check Chart

Adaptations



Select the most appropriate version of **Body Check Chart**



Increase or decrease amount of icons within each body part



Add **Body Check Chart** to communication device

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IA Builder: IA on the Fly

BEGINNER

Statements that provide observations and prompt attention.
"I see your hands are wiggly. Look at your hands. Do you see them wiggling?"
"Your hands feel sweaty. Put your hand right here. Do you feel the sweat?"

INTERMEDIATE

Questions that call attention to a specific body part and provide choices for response.
"Are your hands wiggling or still?"
"Are your hands sweaty or dry?"
"Are your hands cold or warm?"

ADVANCED

Questions that call attention to a specific body part and require students to provide a response without choice options.
"How do your hands feel right now?"

PROFICIENT

Questions that call attention to the entire body
 N/A (focus is on Hands and Fingers only).

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IA Builder: IA on The Fly

Beginner Level Prompts: Providing observations and prompting attention.

- I feel your muscles get really tight in your arms when I'm tickling you. Put your hand here, do you feel how tight that is? Now loosen your muscle. Do you feel how loose that is?
- When I put my hand on your chest I can feel your heart pumping really fast. Put your hand here. Can you feel it beating against your hand?
- I see you have goosebumps on your arm. Feel them with your hand. Can you feel the little bumps on your skin? Can you see them?

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IA Builder: IA on The Fly

Beginner Level Prompts: Providing observations and prompting attention.

- You have sweat on your forehead. Feel this sweat with your hand. Can you feel it on your forehead?
- I see you are starting to pace back and forth (*use video feedback). Do you notice how your body/feet are moving? Do you have a certain feeling that makes you want to move?
- I hear your voice starting to change (*use voice memo feedback). It sounds a little louder and silly. Do you hear the change in your voice?

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IA Builder: IA on The Fly

Intermediate Level Prompts: Questions that call attention to a certain body part and provide choices for response

- Do your muscles feel tight or loose during/after_____?
- Is your heart beating slow or fast right now?
- Does your breathing feel fast or slow?
- Does your skin feel cool or hot?
- How does your voice sound right now? Loud or soft?
- Do your eyes feel heavy or wide-open?
- Does your nose feel runny or dry?

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IA Builder: IA on The Fly

Advanced Level Prompts: Questions that call attention to specific body parts and require response without choice options.

- How do your muscles feel right now?
- Do your muscles feel different during/after_____?
- How do your eyes feel right now?
- What does your voice sound like right now?
- How does your stomach feel before you eat? Now how does it feel after you are done eating?

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IA Builder: IA on The Fly

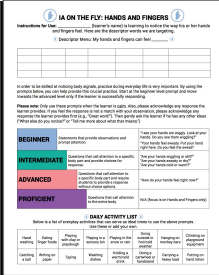
Proficient Level Prompts: Questions that call attention to the entire body

- How does your body feel right now?
- Does your body feel different during/after _____?
- Do any body parts feel different?
- What are 3 sensations (feelings in your body) you notice right now?



IA Builder: IA On The Fly

After the Lesson:



- Update form and provide to anyone supporting the learner on a frequent basis (parents, caregivers, teachers, therapists, etc.)
- Use to provide positive practice noticing body signals during daily routines



IA Builder: IA On The Fly

WHY it helps:

- Easy for almost anyone to use anywhere
- Gives Repeated Positive Practice noticing body signals





IA Builder: IA On The Fly

Adaptations:

1. Write prompts on paper or wipe off board
2. Use pictures, videos or voice memo feedback for outside body parts
3. Allow plenty of time for learner to respond
4. To help a learner respond, use Descriptor Menu or Body Check Chart as a visual support
5. Move up or down the prompt hierarchy as needed (no rules)

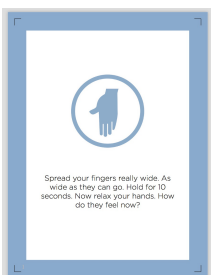
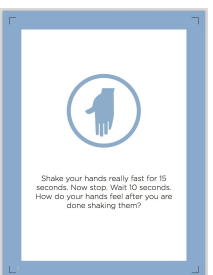


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IA Builder: Interoception Activity Cards

(Optional Supplemental Material)

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IA Builder: Interoception Activity Cards

WHY it helps:

- Minimal time requirement
- No materials needed
- Can use on the go
- Gives Repeated Positive Practice noticing body signals



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A Quick Recap: Hands and Fingers

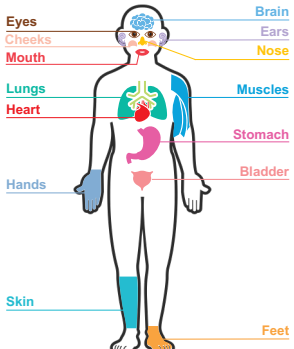
During the lesson: Explicit Instruction	After the lesson: Positive Practice Strategies
1. Introduce Body Part of Focus 2. IA Builders • Descriptor Menu • Focus Area Experiments • Body Check Chart - Add icons - Guided practice	1. IA Builders • Body Check Chart • IA on the Fly • Interoception Activity Cards

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Conclusion



A Few Notes about Body Signals:



Reassure learners that body signals noticed are completely normal, healthy

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A Few Notes About Body Signals:

- Directly teach learners that all body signals are important (there are no body signals that are bad, naughty, need fixing).
- Even uncomfortable body signals give us important information about what our body needs

BODY SIGNAL EQUALITY!!



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A Quick Recap

Step 1: BODY

Develop the ability to notice body signals

Select the Body Parts

Decide on the number of body parts that will be targeted. Move from outside parts to inside parts

IA Builders

Descriptor Menu, Focus Area Experiments, Body Check Chart & IA on the Fly

Body Signal Equality

All body signals are helpful!

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