

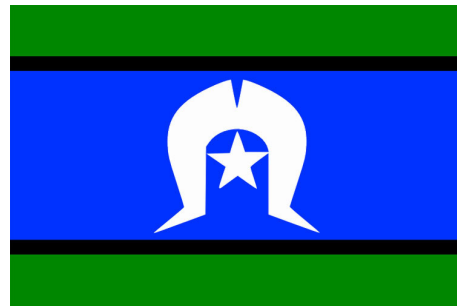
## Practical application of Interoception in the home and school

Helping children and young people learn to express themselves safely



pp positive partnerships

## Acknowledgement



pp positive partnerships

All Aboriginal and Torres Strait Islander people are advised that this presentation may contain images or voices of deceased persons.





**Australian Government**

**Department of Education, Skills and Employment**

This initiative is funded by the Australian Government Department of Education, Skills and Employment through the Helping Children with Autism package. The views expressed within this website do not necessarily represent the views of the Australian Government or the Australian Government Department of Education, Skills and Employment.

Positive Partnerships is delivered by Autism Spectrum Australia (Aspect).

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**Welcome**



Emma Goodall

Facilitator



Bec Wahlsten

Facilitator



## Using the webinar tools

#NB Ensure you set your 'chat box' to **"ALL panelists and attendees"**

Chat window

You can open the chat window and pop it on the side of your screen

question and click enter

The screenshot shows a Zoom webinar in progress. The main window displays a presentation slide with the title 'Technology and Online Learning webinar' and an image of a person wearing a VR headset. A smaller window on the right shows a video feed of a woman. A chat window is open in the foreground, showing messages from participants. An orange box highlights the chat window, and a purple box points to it with the text 'Chat window'. Another orange box highlights the chat window's settings, and a purple box points to it with the text '#NB Ensure you set your \'chat box\' to "ALL panelists and attendees"'. A purple box at the bottom points to the chat window with the text 'You can open the chat window and pop it on the side of your screen'. A purple box at the bottom right points to the chat window with the text 'question and click enter'. The Zoom logo and 'positive partnerships' logo are visible in the bottom right corner.

## Something about you...

- Who are you?
- Where are you joining us from?

The graphic features a map of Australia with several location pins. To the left of the map are two circular photos of people: one showing a family of four and another showing two young girls. The text 'Something about you...' is at the top. Below it are two bullet points: 'Who are you?' and 'Where are you joining us from?'. A small globe icon is at the bottom left. The 'positive partnerships' logo is at the bottom right.

## Session intentions



To review what interoception is

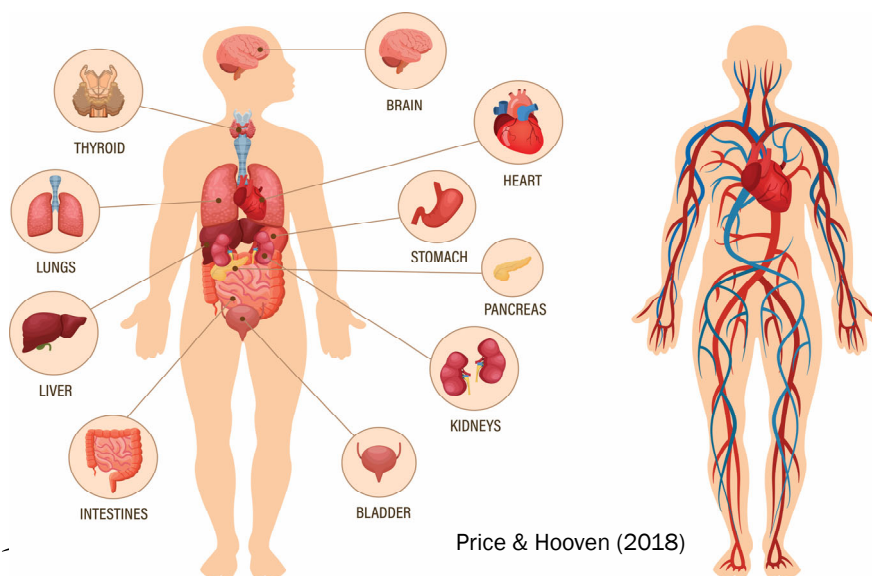
To look at when and why we can use interoception activities in the home and school.



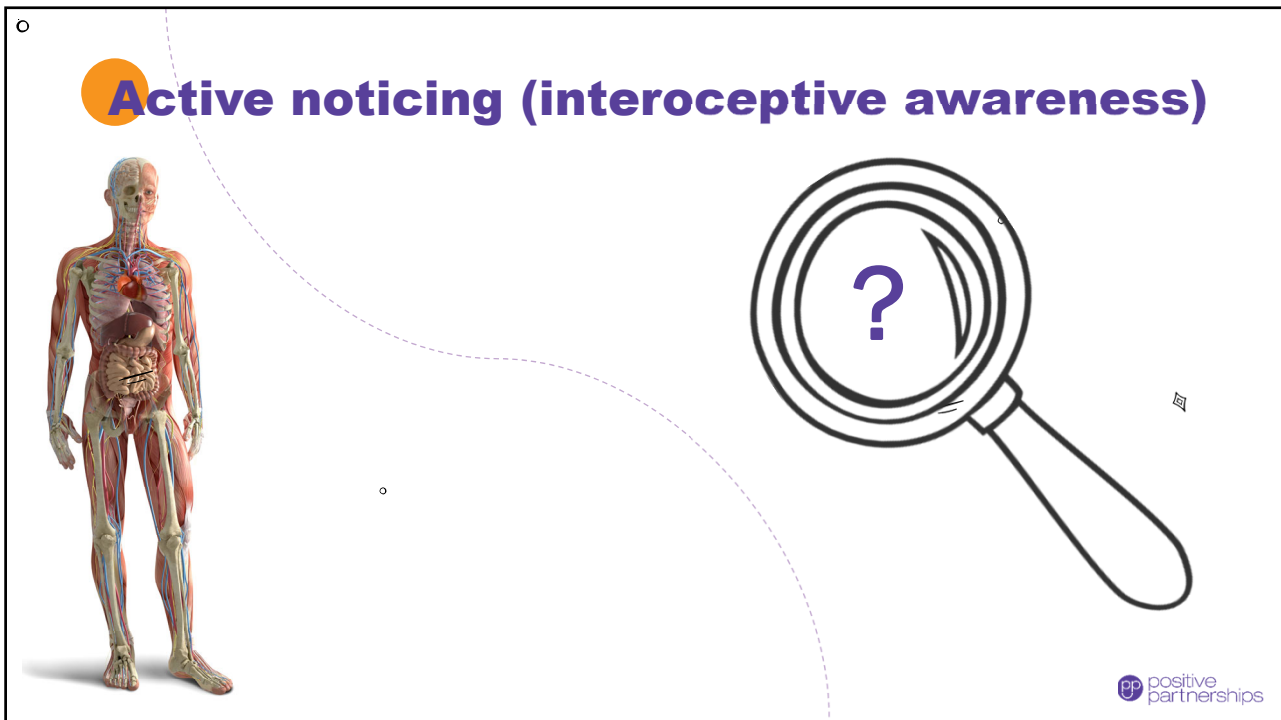
To explore practical ways to implement interoception in the home or school setting.



## Interoception - how we feel from the inside



Price & Hooven (2018)





## Improving interoception

- If individuals practice mindfully noticing changes in their internal body they are able to improve their interoception
- It is much easier to notice internal body signals where the body is changing in some way
- By repeatedly being guided to connect to our bodies, over time we can do some more effectively
- Being connected to our bodies, helps us to self-regulate and manage our emotions and feelings



Emma, Goodall. "Teaching Autistic Students Who Demonstrate 'Challenging Behaviours' at School or Pre-School." *Altogether Autism*, Altogether Autism, 17 Sept. 2018, [www.altogetherautism.org.nz/teaching-autistic-students-demonstrate-challenging-behaviours-school-pre-school/](http://www.altogetherautism.org.nz/teaching-autistic-students-demonstrate-challenging-behaviours-school-pre-school/).

## What is an interoception activity?

1. Focus on a body part or state for 10 or more seconds
2. Move that body part or change the state of the body... Focus on that change for 30 or more seconds
3. Think and demonstrate where you noticed the signal
4. Repeat steps 1-2, this time focus on a particular sensation, guided by the group or teacher



## ★ Why do interoception activities?

They activate the mindfulness part of the brain, which helps you calm and focus



Overtime they help you develop the level of interoception required to be able to **self-regulate and self-manage**

When you are connected to self, it is easier to **connect to others** and to place



Being connected to others and place are protective factors for well-being, mental health and life outcomes



Goodall, Emma. "Interoception as a proactive tool to decrease challenging behaviour." Scan: *The Journal for Educators* 39.1 (2020): 20.

## When should we do interoception activities?

Regularly to develop the skills to self-regulate

Morning



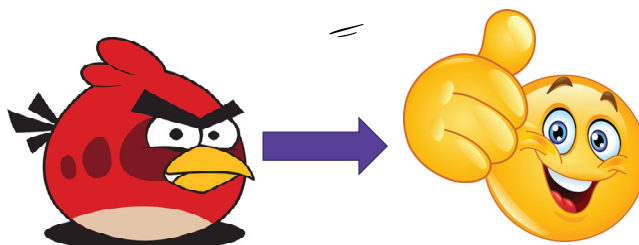
Afternoon



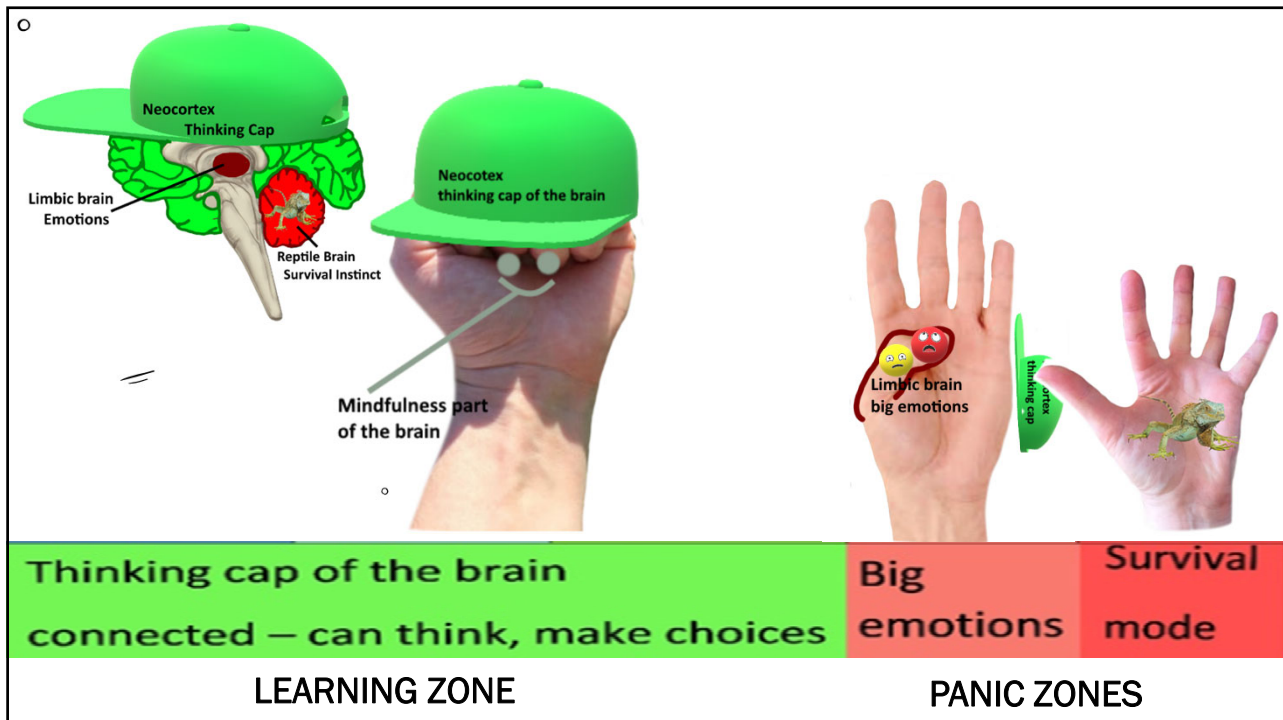
Evening



Whenever the individual (or you) are **starting to lose it** - to calm down or reset



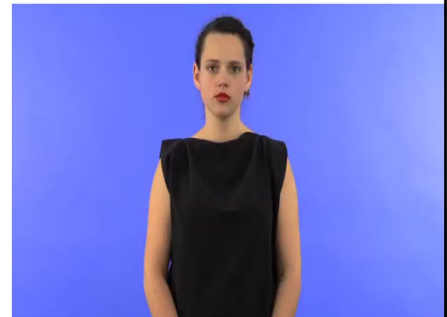


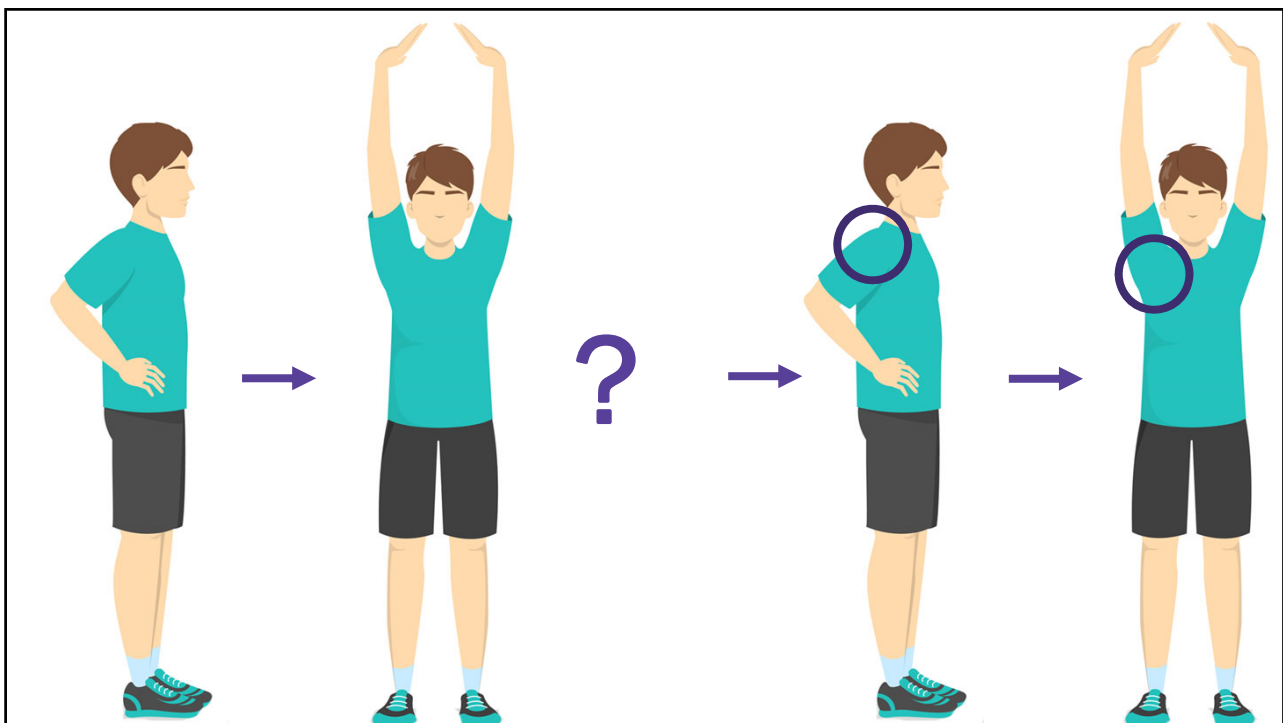
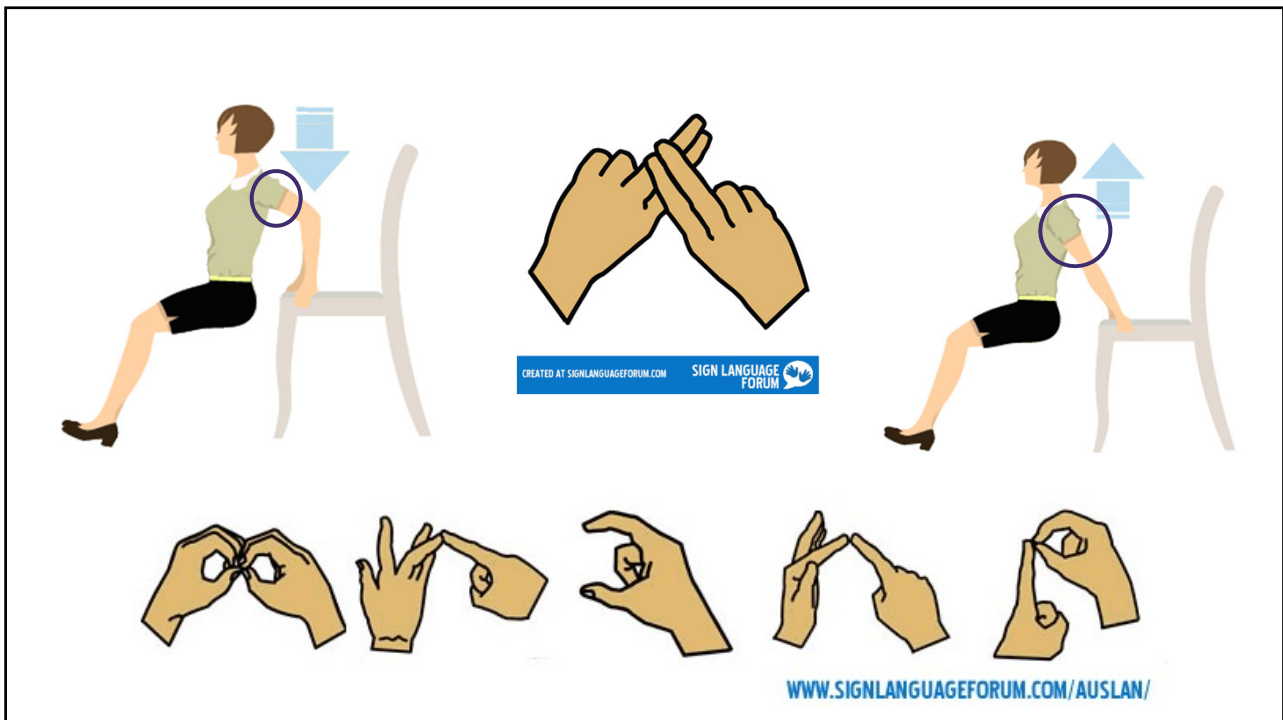


## Let's practise

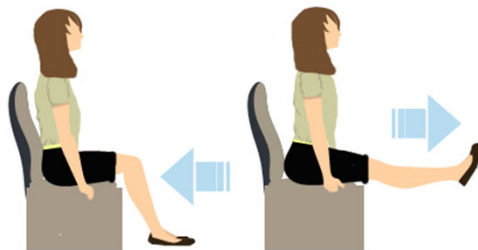


EXAMPLE	QUESTIONS	PLACES	DOES	TIME	GROUPS	DEGREE
How many people?	?	Where?	What time?	How many?	How hot/cold?	How high/low?
I	me	any, every, but or	that	this	more	ABC 123
my	can	to	the	a-	and	at
is	do	always	come	go	far	in
you	is	be-	not	of	on	
your	+ing -ed -are	=	play	good	out	with





## In the home



1. Sitting down, just rest your feet flat on the floor (demonstrate)
2. Now stretch your toes as wide apart as possible and hold them tense like that for 30 seconds
3. Now curl your toes under and hold them curled for 30 seconds
4. Rest them back again, now they should be relaxed
5. Where could you feel your muscles when your toes were stretched and when they were curled?



1. Feet and toes relaxed



2. Toes stretched out



3. Feet with toes curled under



4. Feet, one stretched, one curled, with question mark

## In the classroom

### Interoception activity

#### Feeling muscles - arms

1. Standing up, put your hands flat on the wall and just hold them there (demonstrate)
2. Now push the wall as hard as you can for 30 seconds
3. Stop pushing and relax your arms to your side
4. Rest them back again, now they should be relaxed
5. Where could you feel your muscles when you were pushing against the wall?



1. Arms out, hands flat on the wall, relaxed posture



2. Arms out, hands flat on the wall, pushing on wall

6. Which air temperature did you prefer?



1. Person in classroom



2. Hand on face



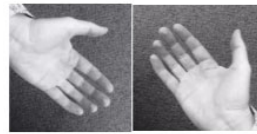
3. Person in sunshine



4. Hand on face



# Temperature



1. Hands



2. Hands touching arms



3. Rubbing hands together (30 seconds)



4. Hand touching arms

## Follow on activity/exploration:

How could we cool our hands down when they are hot?

What is the safe temperature range for human bodies?

How do humans cool down/warm up?



Government of South Australia  
Department for Education

Ready to learn | Interception kit v1.0 June 2019

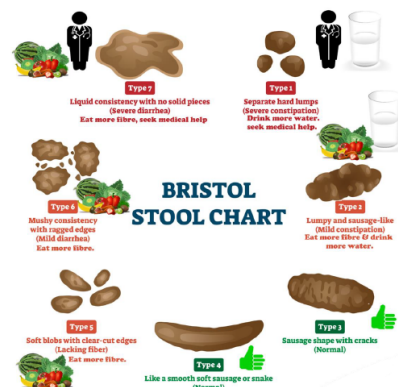
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# Interoception supports for toileting

## Hydration chart



Use this urine colour chart to give yourself an idea of whether you are drinking enough water or if you are dehydrated. Vitamin and multivitamin supplements may change the colour urine, making it bright yellow or discoloured.





Tick the relevant number for each day of the week to share with your health professional.

Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							
6							
7							



# Resources

Healthy Possibilities

Journal articles


## Interoception

Government of South Australia  
Department for Education

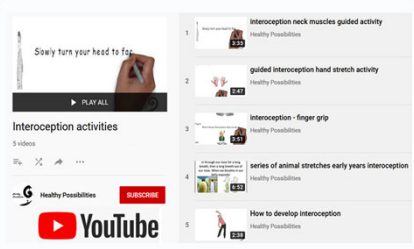
On this page

- What is interoception?
- Models of interoception in education and care settings
- Models of interoception for in-class teaching
- What is an interoception activity?
- Structure of an interoception activity
- Interoception tools
- Other neurodiversity resources to support interoception
- Professional development and training
- Resources

## Ready to learn



Interoception kit



Interoception activities

5 videos

PLAY ALL

Interoception neck muscles guided activity


guided interoception hand stretch activity

Interoception - finger grip



series of animal stretches early years interoception

How to develop interoception

YouTube



# Some other resources






## Part 1 - Understanding Sensory Processing

Part 1 of our two-part webinar series on sensory processing.

## Part 2 - Implementing Sensory Strategies

Part 2 of our two-part webinar series on sensory processing.





**positivepartnerships.com.au**

What is Autism Resources Workshops and Online Learning About us Get in touch **Online Learning Hub**

## Positive Partnerships

Working together with parents, carers and educators of school-aged children on the autism spectrum to provide current, relevant and evidence-based information through workshops and online resources.

**Acknowledgement of Country**

**For Parents & Carers**

**For School Staff**

**Workshops**  
We offer free workshops around Australia to provide information and strategies to support your child's learning.

**Online Learning Hub**  
Online learning modules and webinars that cover a wide range of autism-related topics. Free and available at your convenience.

**Resources**  
From information to support, we have a range of resources to help you understand autism better.


**Twitter @PosPartnerships**

**Instagram @positivepartnerships**

**LinkedIn positive partnerships**

**facebook.com/PositivePartnershipsAU**

# Upcoming webinars




**PRACTICAL APPLICATION OF INTERCEPTION IN THE HOME & CLASSROOM**

Free webinar

Monday 17 August, 2020 - 7:30pm-8:30pm (AEST)

[More information](#)




**TECH TOOLS TO SUPPORT ACCESSIBLE LEARNING**

Free webinar

Monday 24 August, 2020 - 12:00pm-1:00pm (AEST)  
Tuesday 25 August, 2020 - 7:30pm-8:30pm (AEST)

[More information](#)



**MY SCHOOL EXPERIENCE**

Free webinar

Monday 31 August, 2020 - 7:30pm-8:30pm (AEST)  
Tuesday 1 September, 2020 - 12:00pm-1:00pm (AEST)

[More information](#)

**positive partnerships**

