Interoception Skills - Tracking

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| **Interoception skills tracking** | | | |
| Aspect of interoception/ Body awareness | Date achieved | Internal signals that tell me this | How I can respond to this in a helpful way |

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| **I can feel…** | | | |
| my muscles tense and relax |  |  |  |
| when I am cold |  |  |  |
| when I am hot |  |  |  |

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| **I know when I…** | | | |
| need to go to the toilet |  |  |  |
| am in pain |  |  |  |
| am in pain and I know where it hurts |  |  |  |
| feel unwell |  |  |  |
| feel unwell what the problem is |  |  |  |

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| **I know when …** | | | |
| I am breathing fast |  |  |  |
| my heart rate is fast |  |  |  |

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| **I know when I am…** | | | |
| thirsty |  |  |  |
| hungry |  |  |  |
| tired |  |  |  |
| happy |  |  |  |
| calm |  |  |  |

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| **I know when I am…** | | | |
| starting to get upset |  |  |  |
| starting to get anxious |  |  |  |
| starting to get frustrated |  |  |  |
| starting to get bored |  |  |  |
| starting to get angry |  |  |  |
| getting over excited |  |  |  |
| getting overwhelmed |  |  |  |

Adapted from the creative commons licensed HSP421 Interoception support plan, from the Department for Education South Australia