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