

Interoception Activity Cards



Feeling Fingers

Stand still and concentrate on how hot, warm, cool or cold your hands feel. Touch your arms with your hands. Are your arms warmer or cooler than your hands? Now rub your hands together really fast for 30 seconds. Do your hands feel warmer or cooler than before? Touch your arms with your hands. What do you notice?



Rocking Bug

Find your own space and sit on the floor. Link your hands under your knees. Lean backwards and rock forwards and backwards. Keep rocking gently for 30 seconds. Where did you feel your body touching the floor?



Balloon Breaths

Lay down on the floor, and allow the body to relax. Gently place the hands onto the belly. Slowly take a breath in through the nose, and see if you can get your belly to expand like a balloon as you inhale. Slowly exhale, allowing the belly to deflate.



Firm vs Light

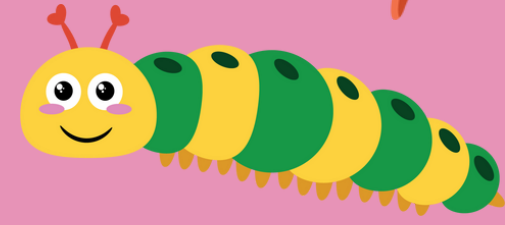
Sit down on the floor. Rest two fingers on the top of your leg. What can you feel in your leg and your fingers? Now push the two fingers into your leg hard. Are the feelings in your leg and fingers different? Now try the same thing on a different part of your body, for example your arm or your foot.



Wall Push

Standing up, while in a lunge position put your hands flat on the wall, and just hold them there. Now push the wall, as hard as you can for 30 seconds. Stop pushing and relax your arms by your side.

Where could you feel your muscles when you were pushing against the wall?



Animal Walks

Walk/move around the room like an animal for 30 seconds. For a caterpillar crawl, start in a downward dog position, walk hands out into plank position, then walk the feet back towards the hands and into downward dog position. Where did you feel it in your body? Repeat the activity, this time focusing on your core!



Pencil Jumps

Place a pencil on the floor, and stand next to it. Jump to the other side, then back again. Do this slowly 10 more times. Repeat the exercise, this time jumping as fast as you can. Place your hands over your heart. Can you feel it beating? Is it beating fast or slow?



Butterfly Wings

In a seated position, place the soles of your feet together and hold them with your hands. Your legs are now forming the 'butterfly wings'. Gently press the knees down to increase the stretch. You may like to gently bounce your knees up and down. Where did you feel it in your body? Do it again and focus on your inner thigh.