

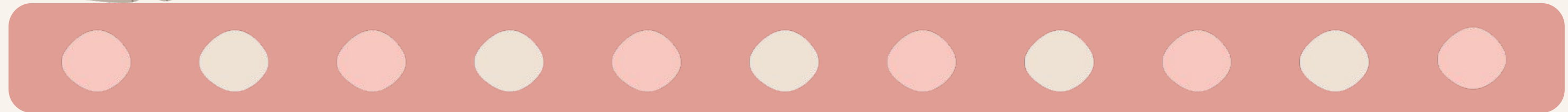


Jammin with JISD Session 2026

Interoception & Self-Regulation

Supporting Students in
Education

What is Interoception?



Interoception is our ability to sense and understand signals from inside our body. It helps us recognize body signals like hunger, thirst, tiredness, anxiety, or a full bladder. This internal awareness is the foundation for emotions and self-regulation.



why is interoception important?

- Improves emotional awareness and body signals recognition
- Enhances self-regulation and coping skills
- Reduces anxiety and emotional overwhelm
- Increases independence in daily activities
- Builds learning readiness and classroom focus

Modeling IA



Building Interoceptive Awareness

Interoception helps students recognize what's happening inside their bodies. By building this awareness, students in can better understand and regulate their emotions.

Follow and Model these 2 steps to develop interoceptive awareness:



1

Notice Body Signals (My hands feel sticky)

2

Regulate body signal with an Action
(I'm going to wash them)

Immediate or Delayed?

Notice a Body Signal	Regulate the Body Signal with an Action
My hands feel sticky.	I'm going to wash them.
My fingers feel restless.	I need to squeeze something.
My stomach is growling.	I'm going to grab a snack.
I feel a flutter in my belly.	I need a moment to pause.
My brain feels foggy.	I'm going to get a drink of water.
My head hurts.	I need to turn the lights down.
That sound is sharp in my ears.	I'm going to step away.
This music is comforting to my body.	I'm going to keep it on.

Notice a Body Signal	Regulate the Body Signal with an Action
My hands feel a little cold.	But I can keep going. I'll warm them up in a minute if they feel colder.
I notice a little pee feeling right here.	I'm going to wait until it feels a bit stronger before heading to the toilet.
I can feel a bit of frustration starting in my chest.	I'm going to finish what I'm doing, and then I'll go cuddle with the dog if I still feel that way.

Classroom Strategies

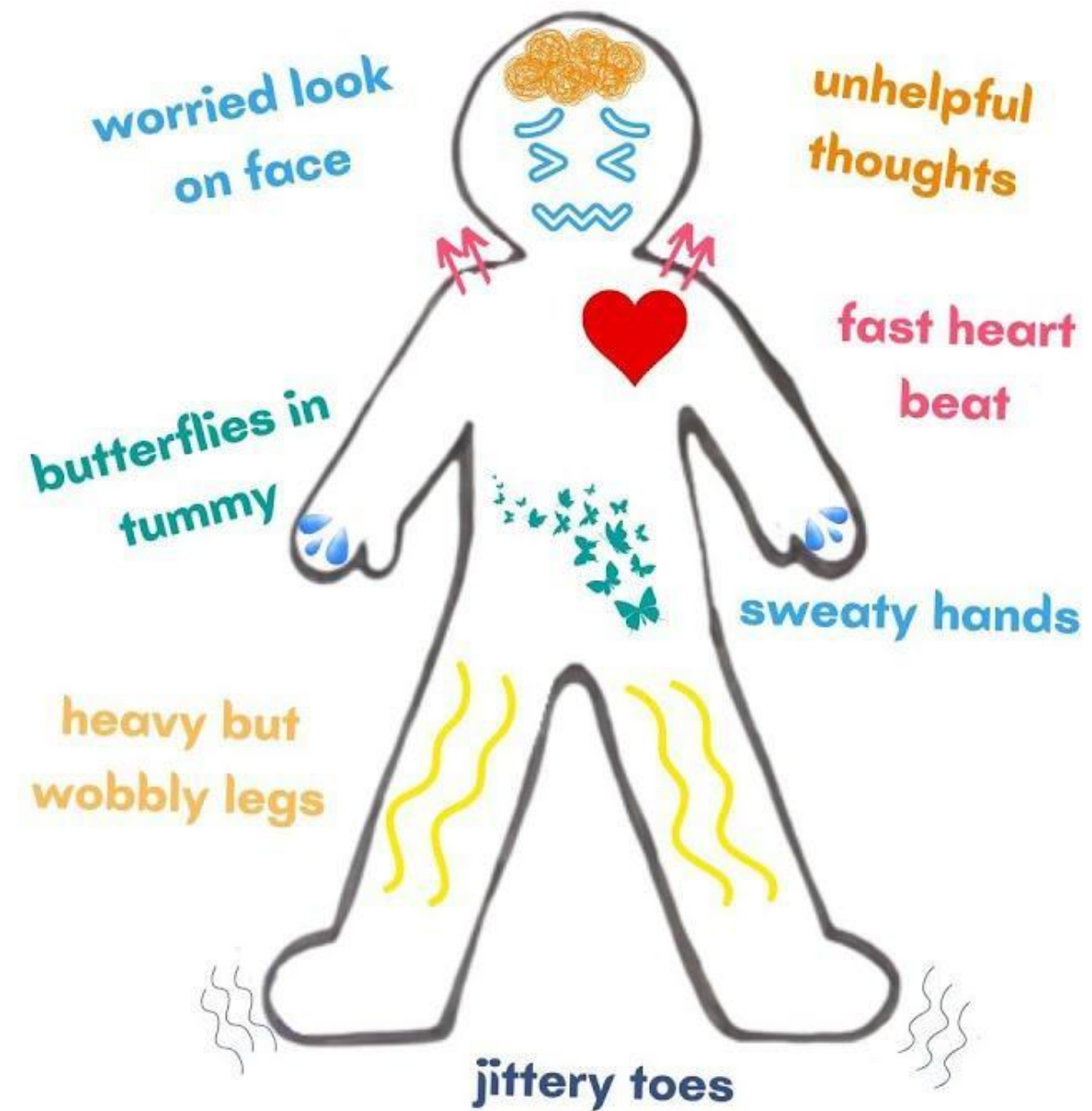
- Body check-ins throughout the day
- Movement breaks between activities
- Deep breathing exercises
- Sensory tools and fidgets



Body mapping

Body Mapping

What is your body telling you?

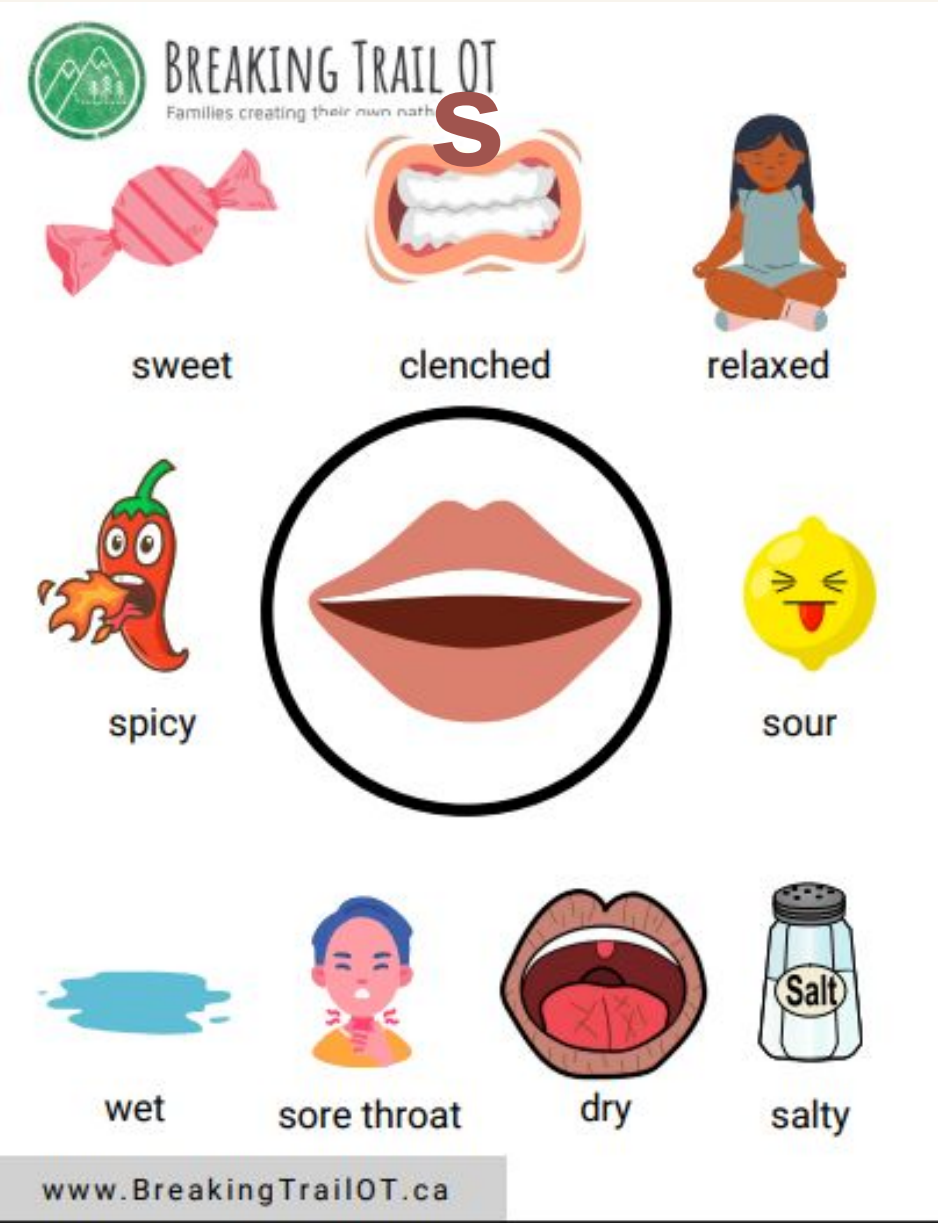
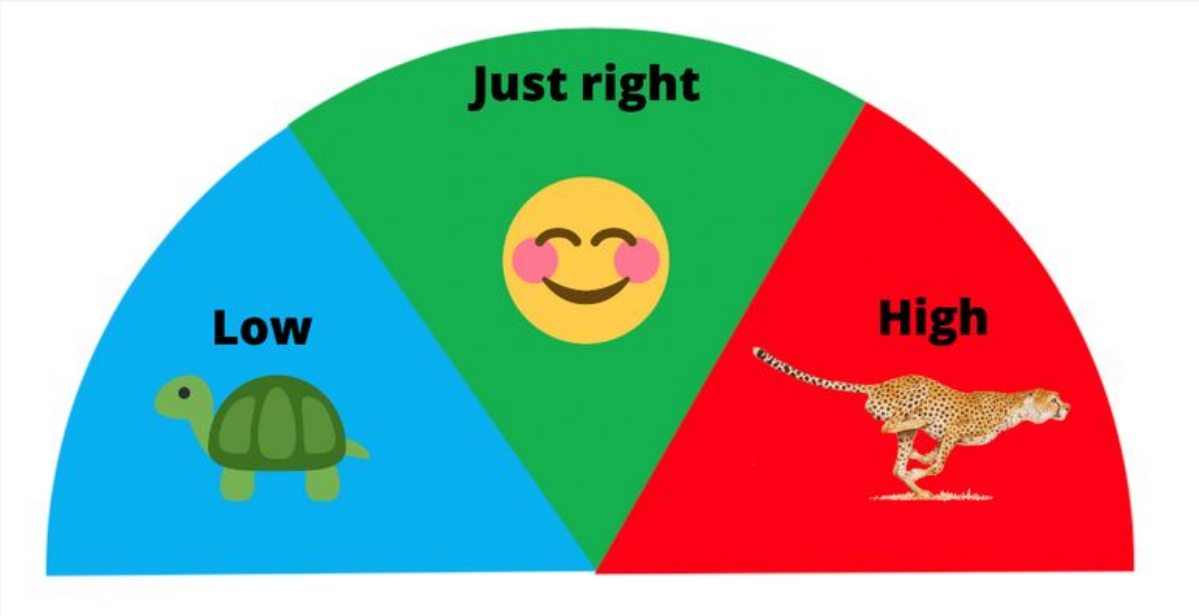


Body check-ins

visual



energy meters/charts



Movement

Group Activity (Science)

- Freeze Dance
- GoNoodle
- Movement Choice boards
- Sensory walk/stations
- Sensory Room/Zen room

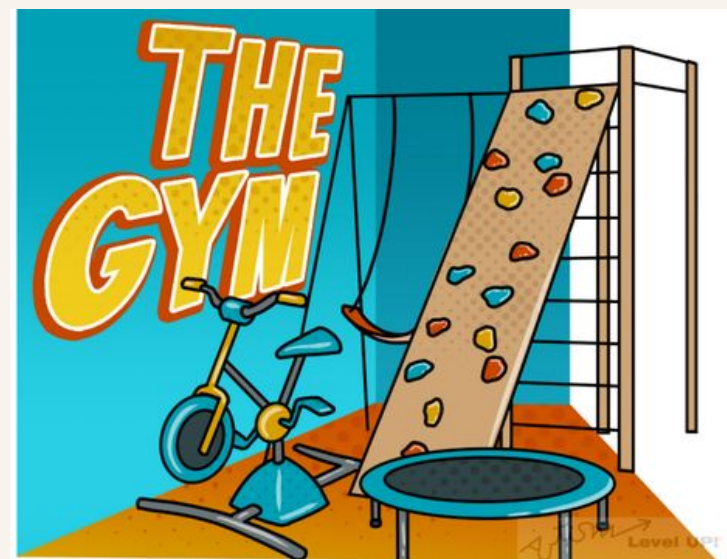
Activity # 1
Noticing Our Hands

Rub your palms back and forth 10 times.



I wonder what you notice in your hands.
How do your hands feel when rubbing?
Do you notice sensations in any other body parts?
Where/what do you feel?

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yoga

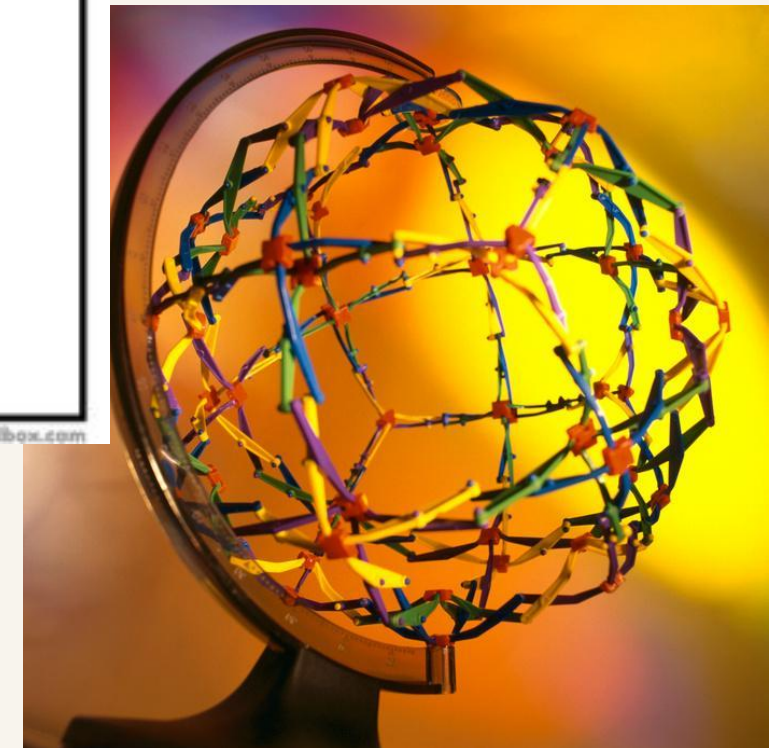
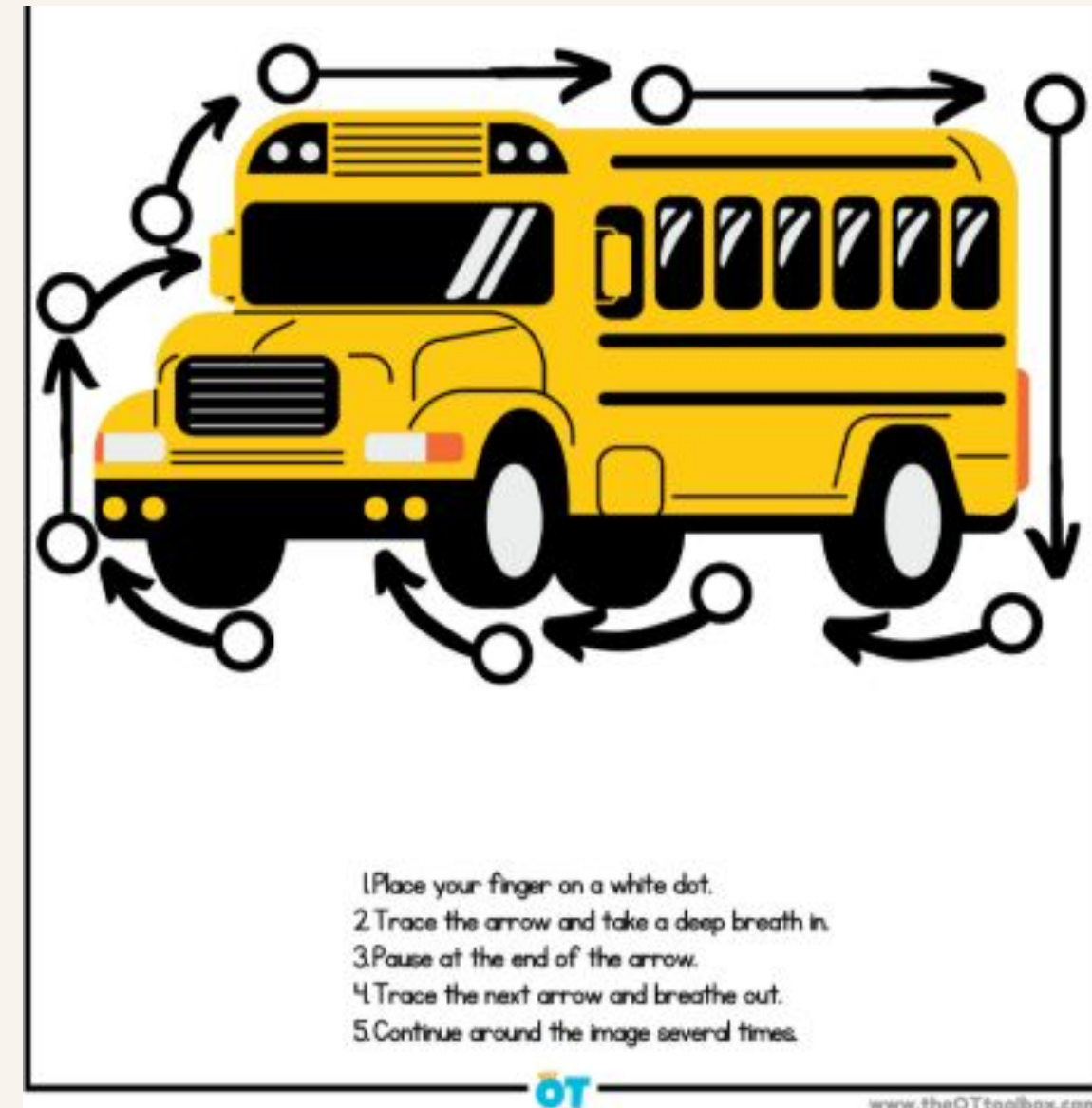
cards/dice in
small groups

between
academic
centers

Deep Breathing

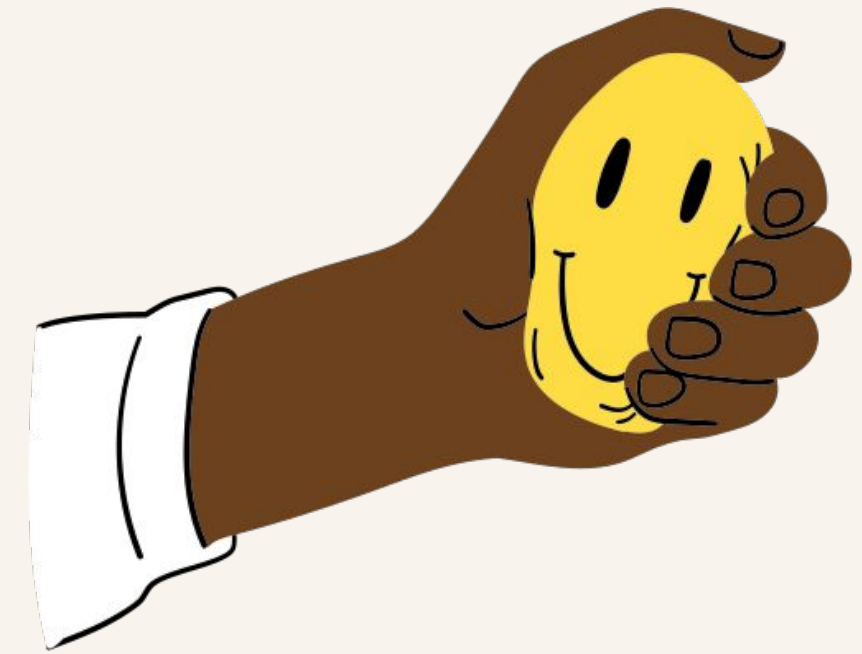
Incorporate deep belly breathing into class routines/academics

- Bubble breaks, kazooos, pinwheels, etc. (Breaks/Transitions)
- Expandable breathing ball group activity (ELAR/Build Vocab-expand/contract)
- Pom pom races with straws (Math-count out 5 pom poms)
- Feather breathing, birthday candle breathing, finger tracing, etc. (Modeling self reg strategies)



Sensory tools and fidgets

- **Weighted or compression items:**
body sock, compression vest,
weighted blanket, chair band, etc.
- **Scented or textured items:**
markers, pencils, smelly stickers,
sensory mats, brushes
- **Oral motor/taste:** sour spray, mints,
chewlry, pencil toppers
- **Adaptive seating:** rocker chairs,
wobble stools/cushions, floor time,
bean bags, etc.



Supporting students with interoception takes patience and understanding.

Many students in special education experience difficulty recognizing body signals like hunger, fatigue, or emotional overwhelm.

As educators, we can create safe spaces for body awareness practice.

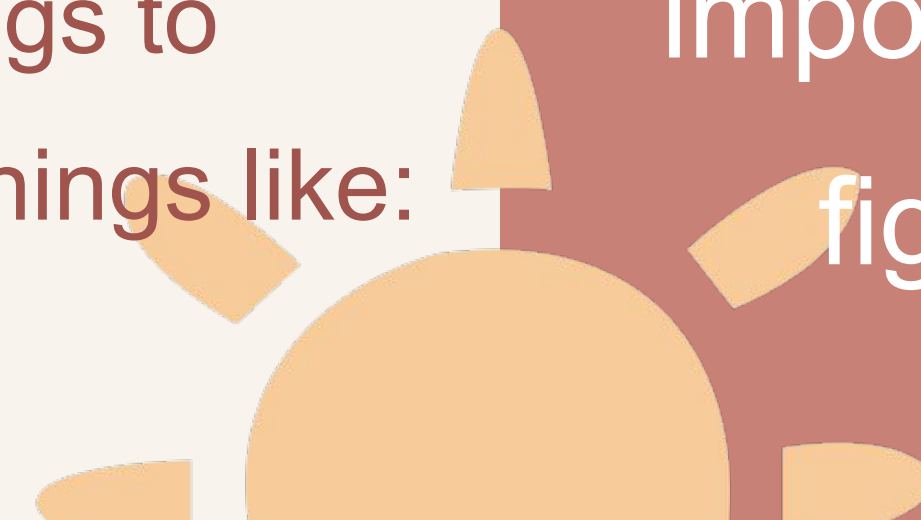
Help students connect feelings to body sensations by saying things like:



"Let's pause and notice how your body feels right now."

"It's okay if you need a break."

"Your body is giving you important information. Let's figure it out together."



keep in mind

Every student can learn to understand their body.

Small steps in interoception and self-regulation lead to big changes.

Start with one strategy today and watch your students grow.



RESOURCES



Resources

- www.kelly-mahler.com/printable-resources/
- <https://www.autismlevelup.com/#tools>
- Teachers Pay Teachers Free resources for interoceptive awareness**