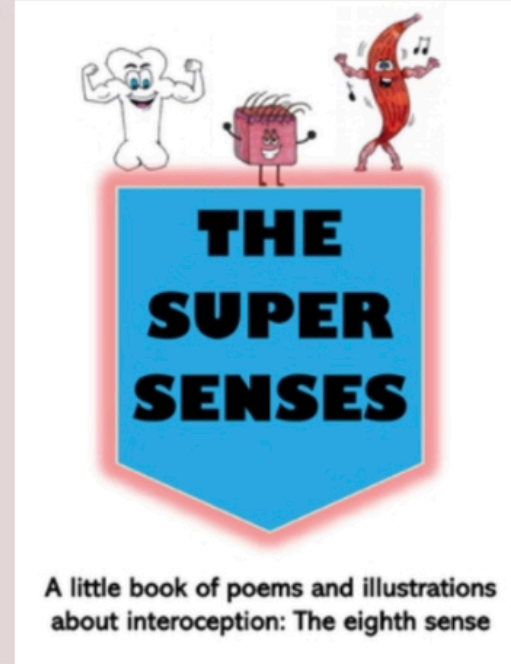
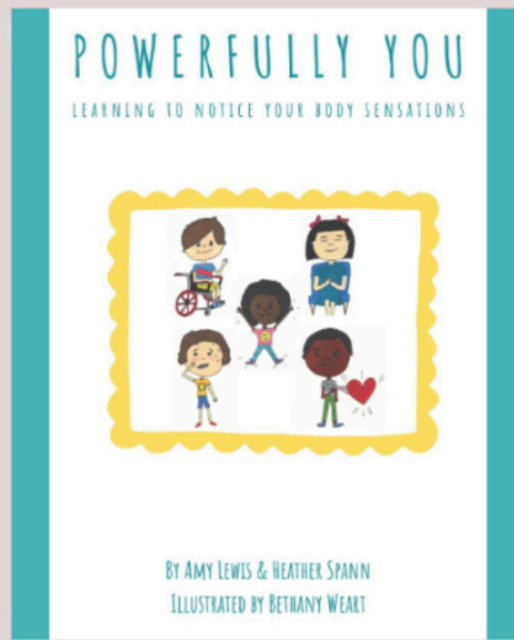


Student Interoception Text & Video Set

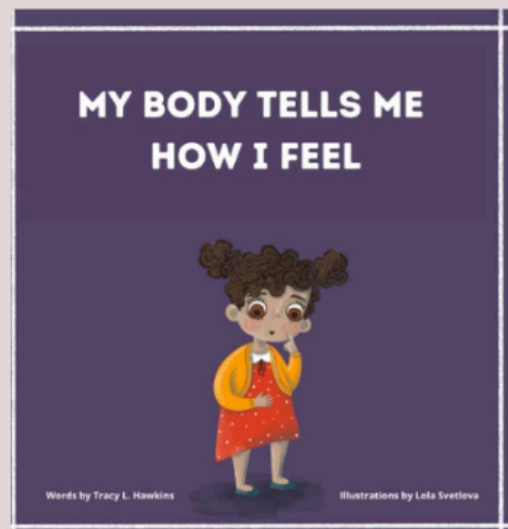
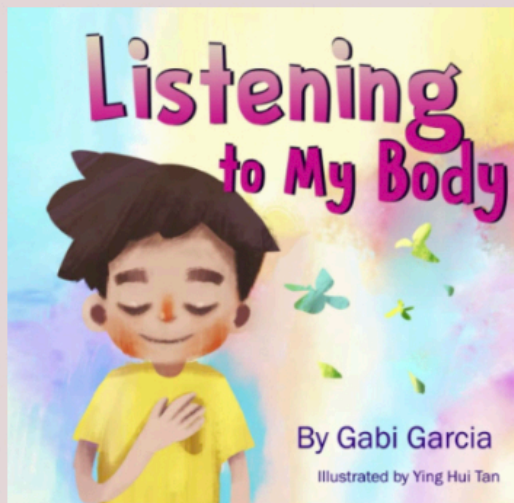
Interoception

The sense that allows us to notice the signals & sensations from inside our body.



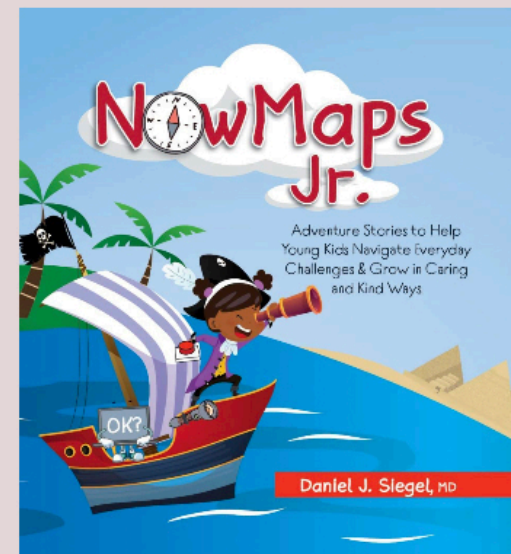
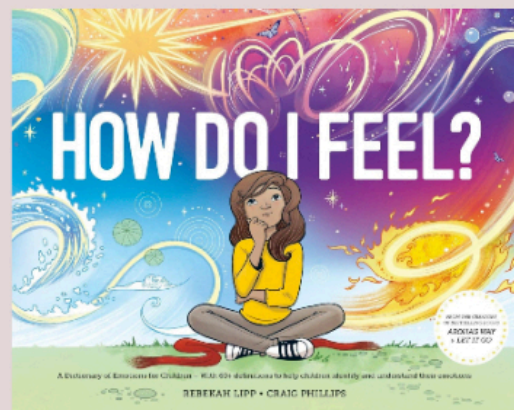
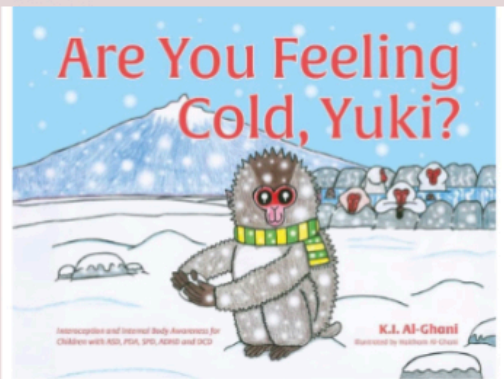
What is a Text/Video Set?

A collection of texts or videos organized for a specific purpose to develop knowledge in a concept, theme, or conceptual concept

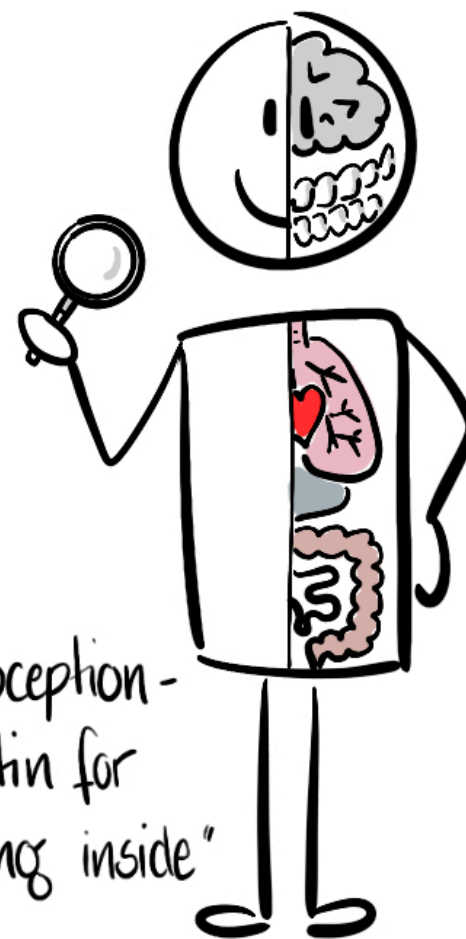
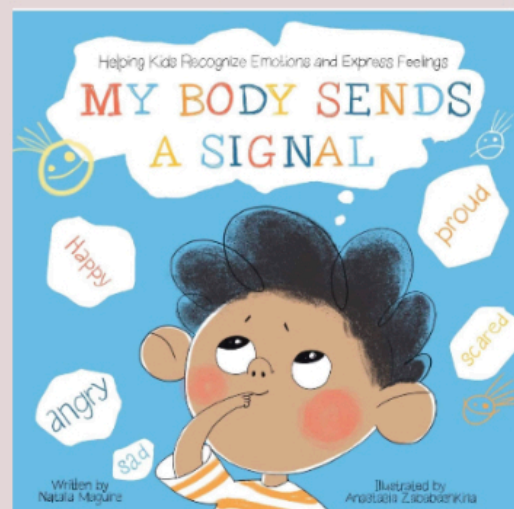
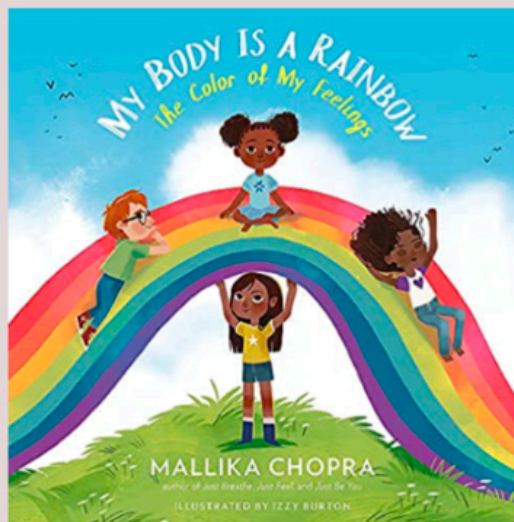
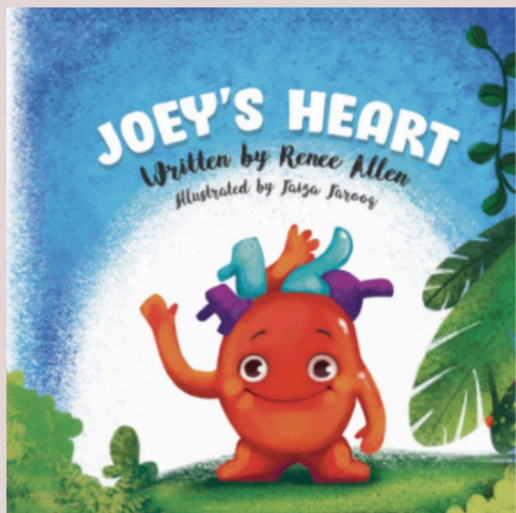


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Latin for
"Looking inside"



Safety School - Body clues
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Feelings in My Body
Sesame Street In Communities · 90K views · 1 year ago

Reflection:



How can you use this set to introduce, model, and talk about interoception, sensations, and body signals; help students begin to notice their sensations and body signals; build student's vocabulary for body signals and sensations; and help students attribute their sensations and body signals to their bodily states and emotions so that they can notice, name, and navigate their feelings and bodily states?

"Agency starts with what scientists call interoception, our awareness of our subtle sensory, body-based feelings: the greater the awareness, the greater our potential to control our lives."

Bessel A. van der Kolk