

# ACTIVITIES FOR HOME FOR YOUR KID'S FEELINGS AND SENSES

## Interoception

### Sensory Processing

How we feel and experience the world around us; there are three types of sensory processing

- Avoiding: This child typically "avoids feelings and situations that are overwhelming to them"
- Seeking: This child can't get enough stimulation and "seeks" out stimulation to make them feel "just right"
- Under-responsive: This child doesn't seem to notice much around them

### Sensory Treatment

- Modulation: Using preferred input before, during, and after activities to make the child feel "just right"
- Remediation: Gradually introducing non-preferred stimuli over time
- Adaptation: Adapts the activity for success

### What is Interoception?

- Allows children to understand and feel what's happening inside their bodies
- Helps children regulate their bodies' needs and process other senses
- Helps children be aware of sensations like hunger/fullness, temperature, and pain

### Feeling Avoider

Your child might be sensitive to sensations or feelings: May eat often so they do not feel hungry or go to the bathroom frequently to avoid feeling the urge to go

- Create a calm, quiet space where your child can go when they feel overwhelmed
- Try meditation for relaxation
- Tell stories or role-playing using stories to help them understand their feelings and how to express them
- Use a piece of paper and trace your child; go through their body parts labeling them and discussing the feelings that emerge with that body part

# Feeling & Sensory Seekers

Your child is constantly seeking input: They may seek out painful activities like eating to the point of discomfort

- \*\* This is different from self-harming activities; an accurate diagnosis is needed from a specialist
- Help your child take mindful pauses during activities (checking in on the belly while eating or the urge to use the bathroom after drinking)
- Encourage your child to participate in heavy work activities; pushing, pulling, carrying, or lifting heavy objects (using weights that are age appropriate)
- Create games with deep breathing exercises to help your child calm down and bring awareness to their body



## Feeling & Sensory Under- responsive

Your child doesn't seem to notice things or understand their bodies feelings: They do not eat as much because they do not feel hunger, do not notice bruises or scrapes because they do not feel pain, and may take longer to potty train

- Ensure safety with occasional "body checks" for cuts, bumps, and bruises
- Monitor your child's eating with the help of a dietician or nutritionist
- Create a feelings and sensations chart: Use the chart to help your child label different feelings when they feel them
- Read books about the body

## Considerations

- All activities should be done with adult supervision for safety
- Be patient with your child, they are struggling to understand the world around them
- These activities are not a substitute for medical care, please seek the advice of your child's medical team before implementing any of the strategiers discussed here

## Therapist Notes



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