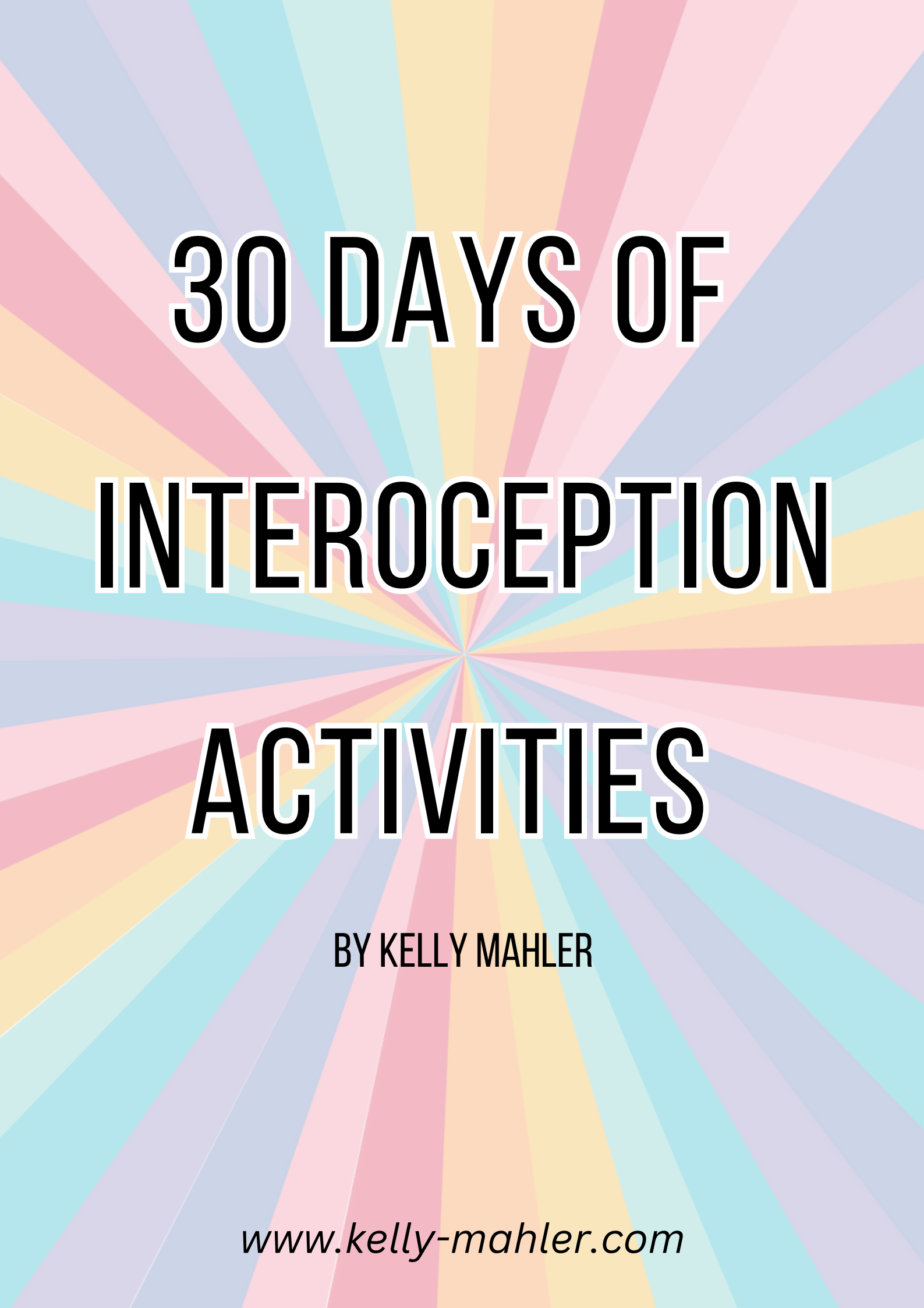




30 DAYS OF INTEROCEPTION ACTIVITIES

BY KELLY MAHLER

www.kelly-mahler.com

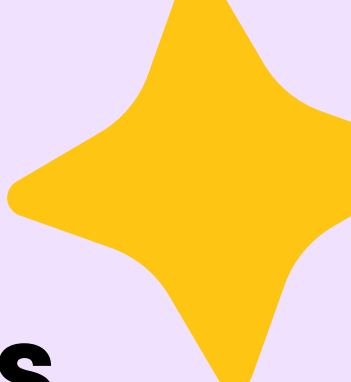
Dear Friend,

To help bridge the gap between learning about interoception science and practical activities to nurture interoceptive awareness, I decided to drop one interoception activity every day for 30 days during the month of January 2024.

I had so much fun hearing everyone's experiences, and wanted to give back by organizing our 30 activities into a free booklet for you to download and keep handy if you ever need some activity inspo!

Thanks for joining in on the fun.

Kelly Mahler ♡



HONOR YOUR FEELS

01

Your inner experience is always correct and valid

02

There is no wrong way to feel

03

Not knowing how you feel is okay

04

Not wanting to feel can be highly protective

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?

Tip

Our body-noticing activities have 2 main goals:

- 1. To invite curiosity and connection to our body sensations.**
- 2. To describe the body sensations in a way that is meaningful to our experience.**

For some people, they might not be ready for the second goal and that is okay! We can still offer interoception activities and establish body curiosity.

Do I always know that my clients are noticing their body signals? Nope! But I'm still modeling curiosity and hopefully sending the message that their inner experience is something that is important.

Activity # 2

Noticing Our Feet

This body-noticing activity is from Chapter 2 of the Interoception Curriculum. You can try this activity sitting and/or standing.

March in place with 20 firm steps.



I wonder what you notice in your feet.

I wonder how your feet feel when marching.

I wonder if you notice sensations in any other body parts.

Tip

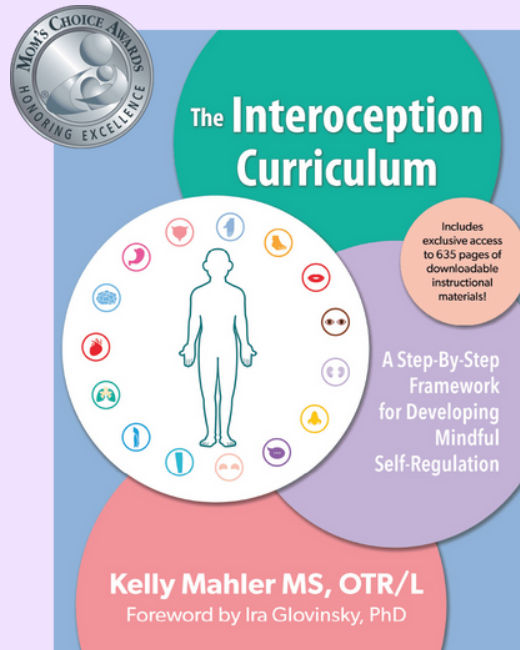
Use “I wonder statements”

They can help establish curiosity without expectation of a response.

They can be especially helpful for people who are not quite ready for the second goal of our body-noticing activities (describing what is noticed) OR for people who might find questions anxiety producing.

Resource Spotlight

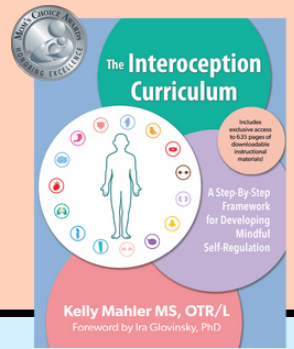
The Interoception Curriculum



The Interoception Curriculum outlines a systematic, guided process that professionals can use to develop and build interoceptive awareness in their clients using evidenced-based principals. When you purchase The Interoception Curriculum, you will also receive exclusive access to 635 pages of downloadable instructional materials, worksheets and visual supports. Many of these materials can be customized to meet the needs of each individual learner.

Activity # 3

Noticing Our Eyes



This is another body-noticing activity from
The Interoception Curriculum:
**Squeeze your eyes shut and hold
for 10 seconds.**



I wonder what you notice in your eyes.

How do they feel?

**Do you notice sensations in any other
body parts?**

Where/what do you feel?

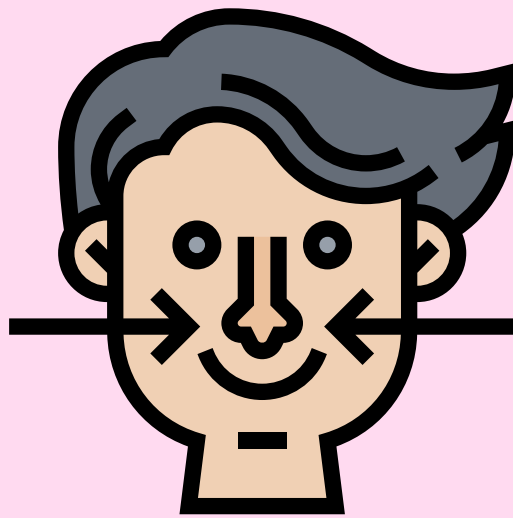
Tip

Many of our activities that provide practice for noticing body signals attempt to playfully evoke stronger sensations to help capture our attention.

Activity # 4

Noticing Our Nose

Close one nostril and take a deep breath in and out of your nose.



What do you notice in your nose?

I wonder how your nose feels.

Do you notice sensations in any other body parts?

I wonder where/what you feel.

Tip

All of our interoception activities are presented as an invitation to participate.

They are never a demand that requires completion.

Each person has the right to full body autonomy and the choice to listen to their body even if their body is saying “NO” (that is interoception after all!).

Activity # 5

Noticing Our Mouth

Take a sip of a cold drink.



What do you notice in your mouth?

How does it feel?

If you want a little support with language, there are words on the menu card provided from our Body Check Ring on the next slide.

Tip



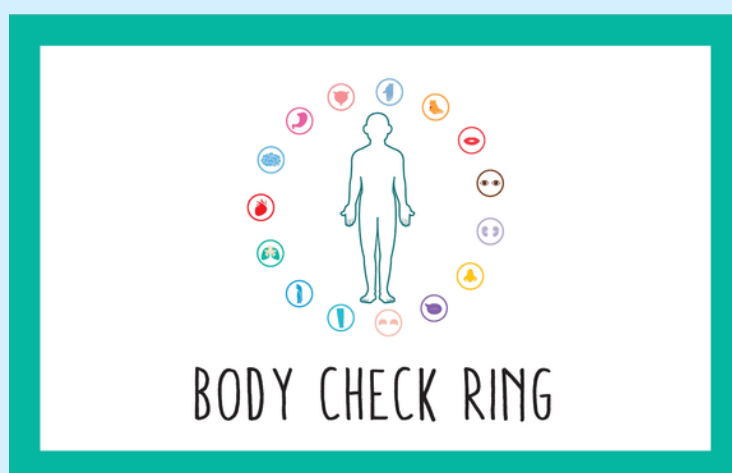
Some people may notice a sensation but have a hard time putting a spoken/non spoken word to it so that others can understand their experience.

Therefore, supporting interoception language during noticing activities can be very helpful.

These language supports are always presented as optional—each person should be encouraged to use their own way of describing their inner experience.

Resource Spotlight

The Body Check Ring: Printable Cards, Activity Booklet, and Online Mini-Course



15 printable body menu cards that provide structure and language support to help learners notice and understand their body signals in the moment. If you are looking for a convenient way to get more supported interoception practice, the Body Check Ring is for you!

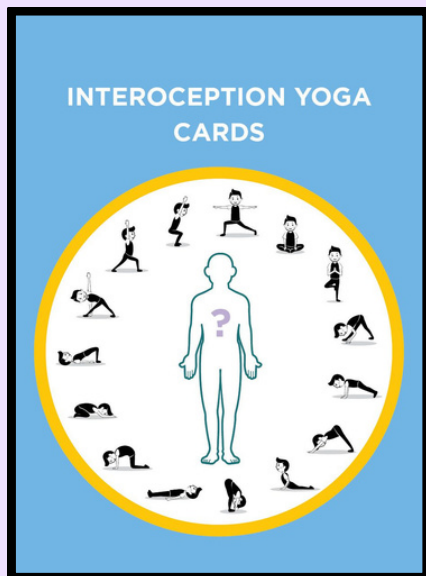
The Body Check Ring comes with a free instructional booklet which includes 5 bonus interoception games to play with the menu cards.

Get exclusive access to the Body Check Ring Mini-Course which provides video explanation AND live demonstration on how to use the Body Check Ring and bonus interoception games.

Activity # 6

Noticing Our Ears

I invite you to try this activity from our Interoception Yoga Card Deck. Assume a child's pose. Give your ears a gentle hug with your arms.



How do your ears feel while holding this pose?

I wonder what you notice.

There are no wrong answers. We all have different experiences.

Tip

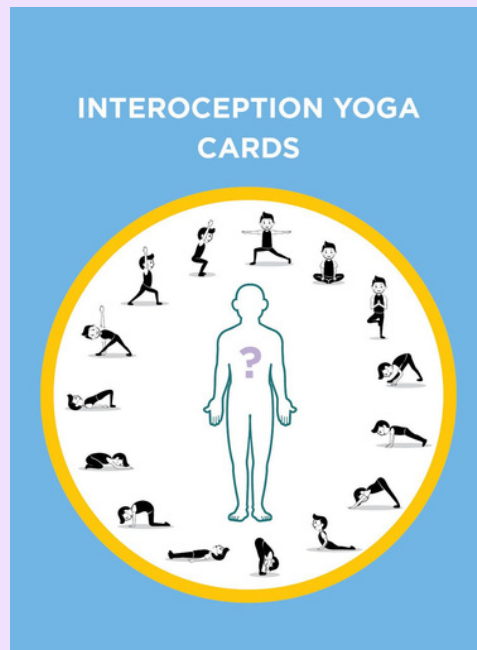
We always lead with the premise that each of our inner experiences are always correct and valid.

There are no wrong answers!

Therefore, when offering these interoception activities, we need to validate every response we hear (even if it is against what we might expect).

Resource Spotlight

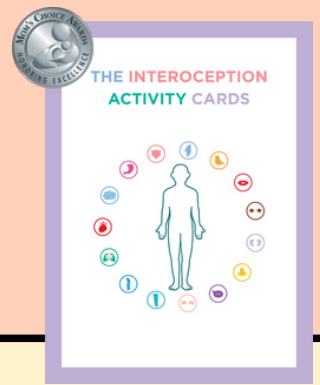
The Interoception Yoga Card Deck



Turn yoga poses into explicit interoceptive awareness builders! The Interoception Yoga Cards are a series of 134 cards that provide guided exercise(s) for noticing the interoceptive body signals that arise while holding a specific yoga pose like Cobra or Child's Pose. If you are looking for creative, fun and evidence-based activities to enhance interoceptive awareness, these cards are for you!

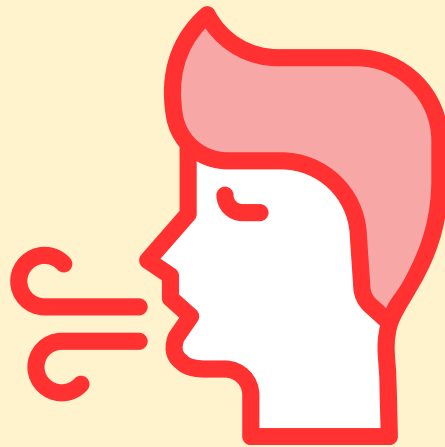
Activity # 7

Noticing Our Skin



I invite you to try this activity from our Interoception Activity Card Deck.

Exhale a long “HAAAA” breath onto the skin on your arm. Now stop.



How does your skin feel when you stop the HAAA breath?

What do you notice in your skin?

I wonder what area of skin you notice most.

Tip

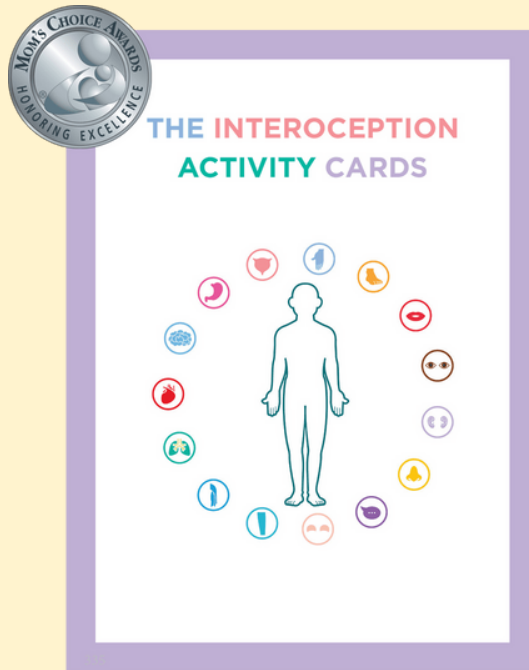
It is okay to not know how you feel.

**In fact, most people share with us
that they do not always know
exactly how they feel in every given
minute.**

**We try to be very deliberate about
this message, modeling when
noticing how we feel hard for us
and providing lots of genuine
reassurance during the process of
noticing.**

Resource Spotlight

The Interoception Activity Card Deck



170 cards that provide interoception-building activities that require no special materials and can be completed in 60 seconds or less. While these cards are designed to enhance the lessons from the Interoception Curriculum, they can be used as a stand alone resource as well. If you are looking for a fun way to nurture interoceptive awareness, the Interoception Activity Cards are for you!

Activity # 8

Noticing Our Muscles

This activity is coming from our newest resource:
[The Big Book of Interoception Games!](#)

Freeze Dance

1. Play some music and start dancing
2. Pause the music and freeze your body in a static position
3. Notice how your body feels (curiosities on the next slide)
4. Resume the music and dancing, pausing and freezing multiple times. Take time to notice your body during each 'freeze'



What do you notice in your muscles after dancing around and now in a freeze position?

I wonder how your muscles feel.

What muscles do you feel most?

Tip

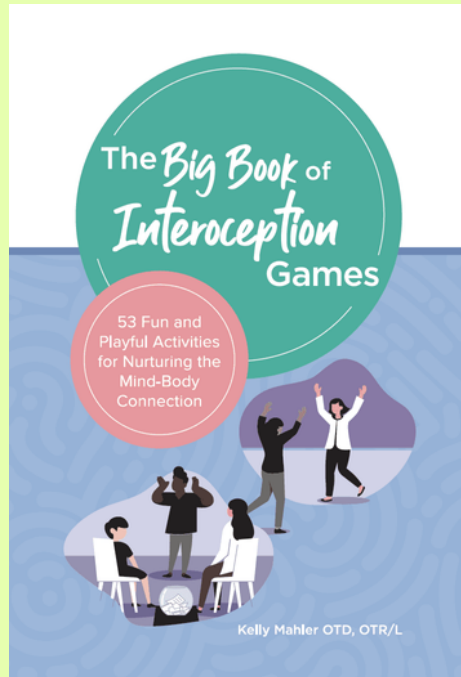
It is okay to not want to feel. If our instinct is to hesitate or refuse to try an activity, get curious!

What is it about the activity that is creating discomfort in my body?

Hesitation/refusals are often a result of us acting upon our interoception needs and can provide insights.

Resource Spotlight

The Big Book of Interoception Games



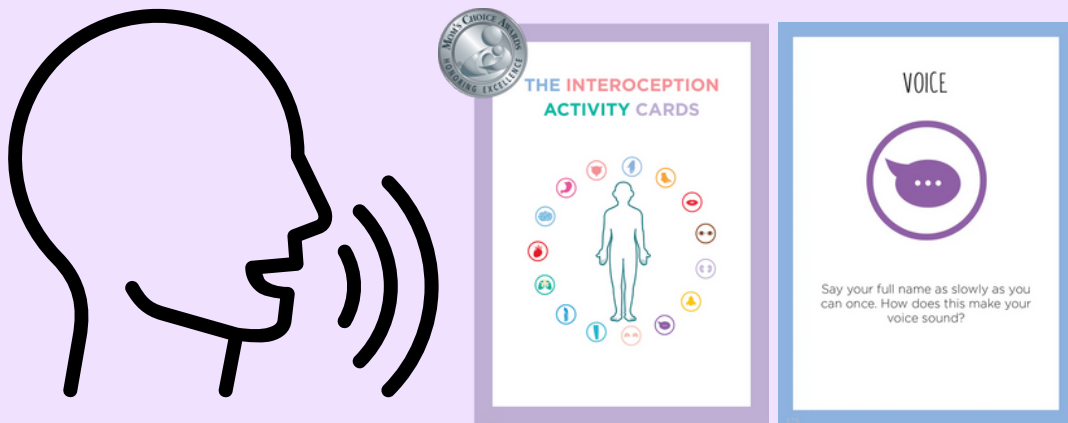
Play your way to enhanced interoceptive awareness! The Big Book of Interoception Games includes 53 fun activities that invite practice noticing, connecting and/or regulating body signals. Each game provides several variations—making for 100s of playful interoception learning ideas. If you are looking for fun interoception activities to use with learners young and old, this book is for you!

Activity # 9

Noticing Our Voice

I invite you to try this activity from our
Interoception Activity Card Deck.

Say your full name as slowly as you can.



**I wonder what you notice
about your voice.**

How does your voice sound?

Tip

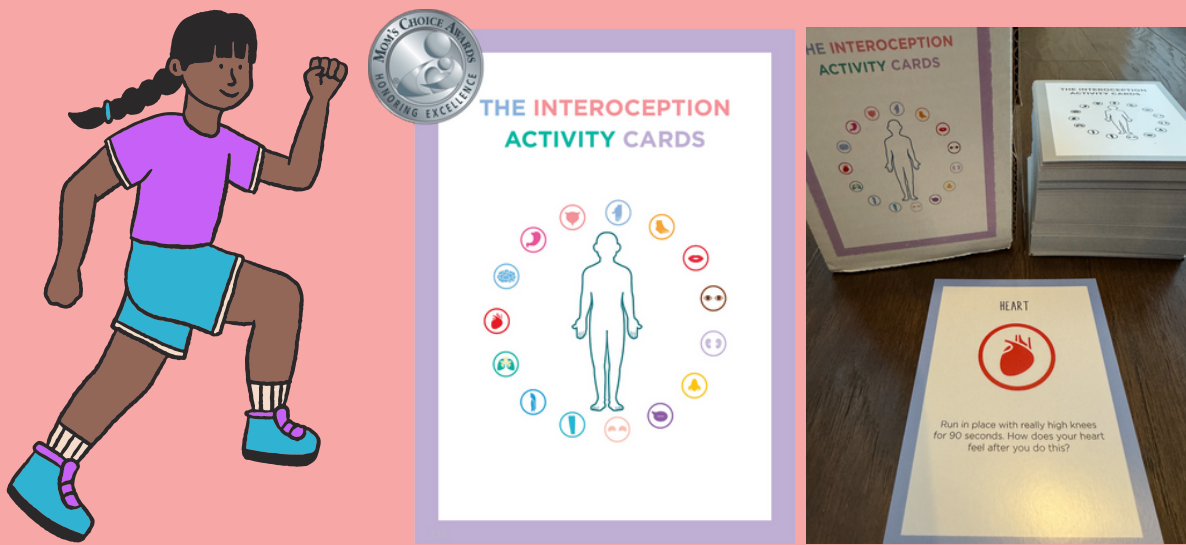
For those that find it helpful to watch themselves on video, take videos when completing interoception activities and revisit the experience by watching them together.

Activity # 10

Noticing Our Heart

I invite you to try this activity from our
Interoception Activity Card Deck.

Run in place with high knees for 90 seconds.



How does your heart feel after you do this?

What do you notice about your heart?

I wonder how your heart feels.

Tip

Our body-noticing activities emphasize the importance of noticing while experiencing sensation.

In other words, discovering more about what a fast heart feels like for us while we are experiencing the sensation of a fast heart.

**This is in contrast to hypothetically talking about a time that could have made a person's heart feel fast.
Learning while experiencing.**

Activity # 11

Noticing Our Body

Give yourself a big, tight hug



**I wonder where you feel that most in
your body.**

What do you notice?

Tip

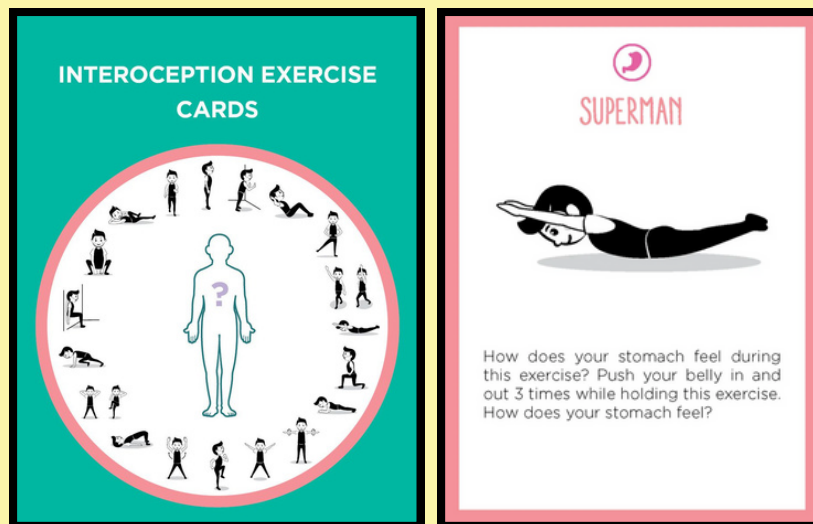
For many people, chunking the body-noticing activities into one body part at a time can be less overwhelming than trying to notice how the entire body feels. Slowly over time, with practice noticing each body part, many can build to being able to notice how the entire body feels.

Activity # 12

Noticing Our Stomach

This activity is coming from our Interoception Exercise Card Deck.

Lay on your stomach and lift your arms, chest, and legs like superman.



I wonder what you notice about your stomach.

How does your stomach feel?

Do you notice anything else in your body?

Do you notice sensations in any other body parts?

Where/what do you feel?

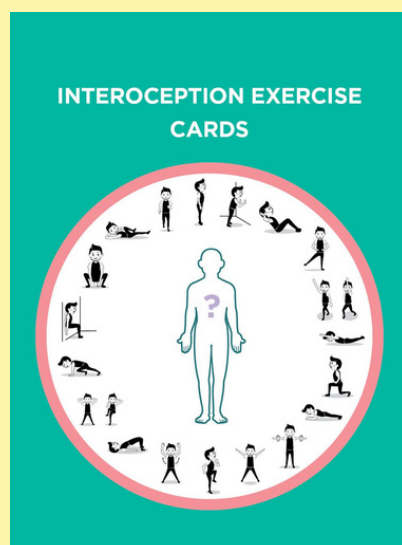
Tip

The Interoception Curriculum begins with a section of activities that provide practice noticing body signals within 15 different body parts.

We typically start with noticing outside body parts (body parts we can see) like noticing how our hands feel or feet feel or nose feels. Then we slowly move to noticing inside body parts (body parts we can not see) like noticing how our stomach feels.

Resource Spotlight

The Interoception Exercise Card Deck



The Interoception Exercise Cards are a series of 124 cards that provide guided prompt(s) for noticing the interoceptive body signals that arise while doing a specific exercise like Sit-Ups or Jumping Jacks. If you are looking for creative, fun and evidence-based activities to enhance interoceptive awareness in the clients you serve, these cards are for you!

Choose from a fully digital downloadable version of the cards that you can print at home immediately following purchase or pre-printed cards shipped to your door.

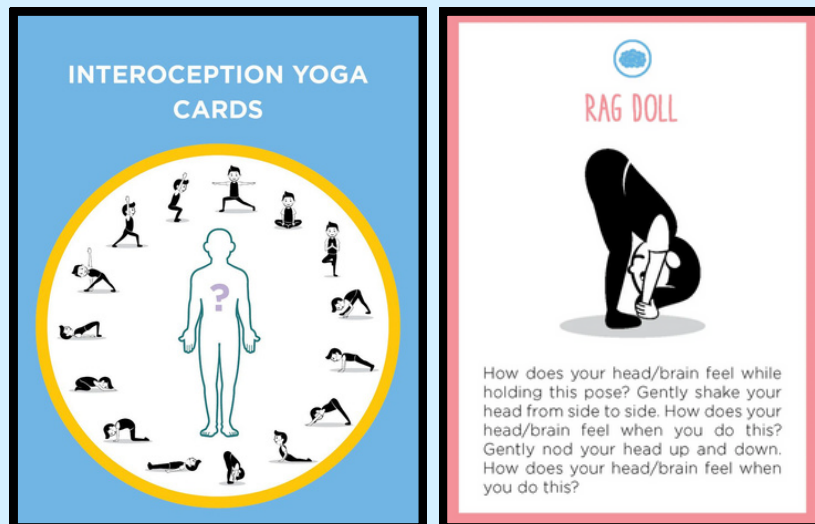
The cards come with a free Instructional Booklet that provides 8-pages of tips for maximizing the successful implementation of the cards with clients of a variety of ages and learning styles.

Activity # 13

Noticing Our Brain/Head

This body-noticing activity comes from our Interoception Yoga Card Deck.

Assume a rag doll pose. Take a moment to notice how your head feels. Then gently shake your head from side to side, noticing how it feels. And then gently nod your head up and down, noticing how it feels.



What do you notice about your brain/head?

I wonder how your brain/head feels.

Do you notice sensations in any other body parts?

Where/what do you feel?

Tip

Repeated practice with body-noticing activities might be necessary to help us make full connections to ourselves.

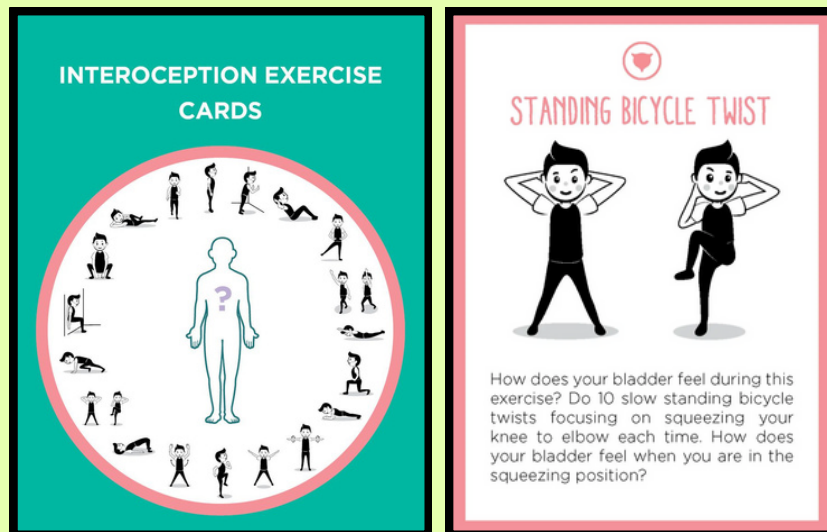
I like to pick one time a day to complete a body-noticing activity. No more than 2 minutes max or the task will overwhelm me and then I'll never do it!

Activity # 14

Noticing Our Bladder

This body noticing activity is from our [Interoception Exercise Card Deck](#).

Stand with your feet shoulder width apart (or in a position that is comfortable to you). Raise one knee up to meet your opposite elbow, focusing on squeezing your core to help the knee move towards the elbow. Lower your knee and elbow. Repeat on the opposite side. Continue slowly alternating to complete 10 bicycle twists, focusing on the core squeeze.



What do you notice about your bladder in the squeezing position?

I wonder how your bladder feels.

Do you notice sensations in any other body parts?

Where/what do you feel?

Activity # 15

Noticing Our Arms

Sitting or standing, stretch your arms up to the sky.



How do your arms feel when you do this activity?

I wonder what you notice.

Do you notice anything elsewhere in your body?

Activity # 16

Noticing Our Hands

Wash your hands, taking time to notice how your hands feel at each step of the process.



How do your hands feel when you do this activity?

I wonder what you notice.

Can you describe it?

Activity # 17

Noticing Our Feet

Take your shoes off.



I wonder what you notice.

How do your feet feel?

**Do you notice anything elsewhere
in your body?**

Activity # 18

Noticing Our Ears

Listen to your fave song!



How do your ears feel?

**I wonder if you notice sensations
anywhere else in your body.**

Activity # 19

Noticing Our Body

Do a little upper body wiggle.



**How does your shirt feel against
your skin?**

**I wonder if you notice sensations
anywhere else in your body.**

Activity # 20

Noticing Our Body

**Place your hands on your hips and
move them in a big circle.**



**Where do you notice this most in
your body.**

How does it feel?

Activity # 21

Noticing Our Shoulders

Shrug your shoulders and hold for 5 seconds and then relax.



How does your body feel now that you relaxed your shoulders?

I wonder what you notice.

Activity # 22

Noticing Our Body

**Look at something that brings
you comfort or joy.**



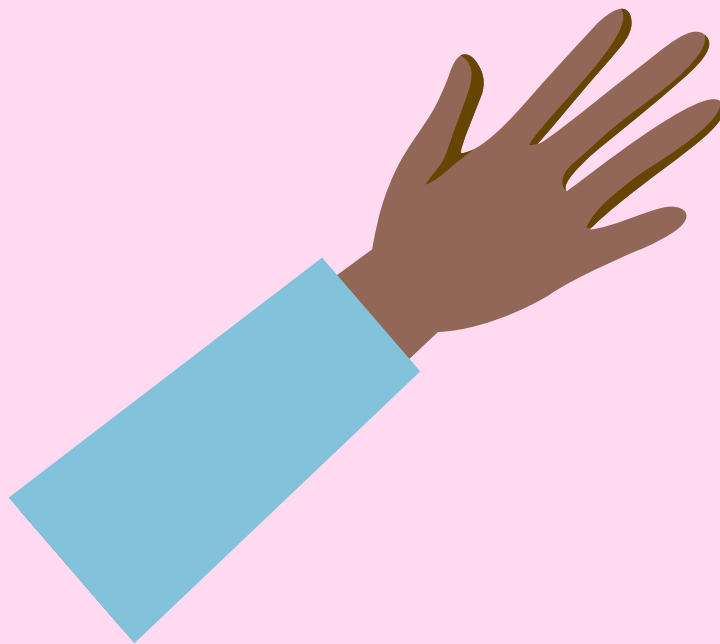
What do you notice in your body?

How does your body feel?

Activity # 23

Noticing Our Arms

Pull up the sleeve of your shirt just a bit higher on your arm.



I wonder how your arm skin feels.

What/where do you feel this the most?

Activity # 24

Noticing Our Brain

Say the alphabet backwards.



**How does your brain feel when
doing this?**

I wonder what else you notice.

Activity # 25

Noticing Our Cheeks

Rub your hands together and put them on your cheeks.



I wonder what you notice in your cheeks.

How do they feel?

Do you notice sensations anywhere else in your body?

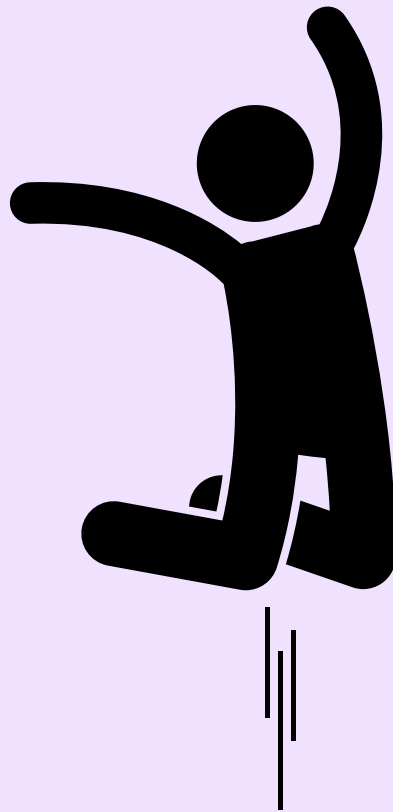
Tip

All of our interoception activities are designed to be playful and fun. Is this serious work? Yes! But why not try to have fun in the process?

Activity # 26

Noticing Our Lungs

Jump up and down 10 times.



**I wonder what you notice about
your lungs.**

How do your lungs feel?

Tip

Previously, we had a tip all about chunking body-noticing activities into one body part at a time and slowly working toward noticing the entire body. However, some people prefer or benefit from body-noticing activities that do not direct attention to a specific body part and invite them to notice the body part they feel the most.

Activity # 27

Noticing Our Whole Body

Go for a short walk.



**I wonder what you notice in your
body.**

**What sensations do you notice
the most?**

Activity # 28

Noticing Our Whole Body

Put on your favorite pajamas.



I wonder what you notice in your body.

What sensations do you notice the most?

Does your body feel comfortable or uncomfortable?

Activity # 29

Noticing Our Whole Body

There are many free body scan scripts available on the Google machine (search “body scan scripts”).

Here is a link to one of my favorites (yes, the title implies it is for kids, but I still like to use it as an adult too).

Through lots of practice using adapted body mindfulness activities, I worked my way to being able to participate in this script.

What is your experience?

I wonder what you notice in your body.

Tip

Body Mindfulness has been shown to improve interoceptive awareness. However, traditional body mindfulness can be a mismatch for many people (myself included), so we adapted it. All of our interoception activities are adapted forms of body mindfulness and are accessible to a wider variety of people. Staying with the adapted forms of body mindfulness is a perfect match for some. For others, after practice with adapted forms of body mindfulness, they move towards using more traditional forms like a Body Scan.

Activity # 30

Noticing Our Whole Body

Follow along with Maddie and me in this video as we use a few yoga poses to provide practice noticing body signals.



In this video, we are performing activities from The Interoception Yoga Card Deck.

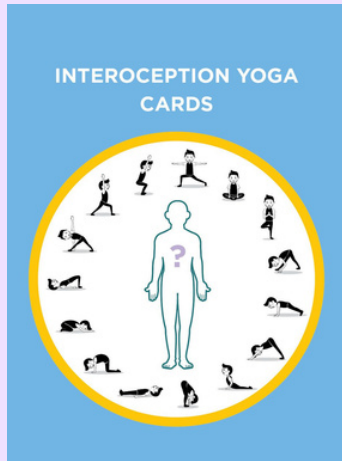
What is your experience?

I wonder what you notice in your body.

Tip

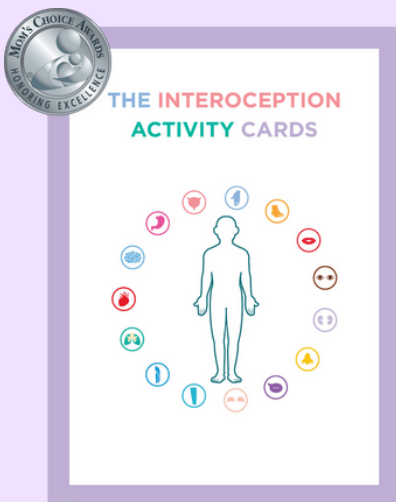
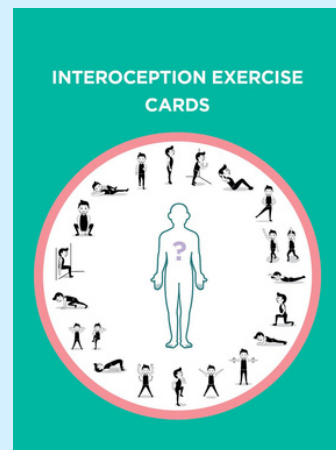
To provide explicit interoception practice, when using yoga poses, shift from a focus on assuming the pose(s) to a focus on noticing how your body feels during the pose.

Resources



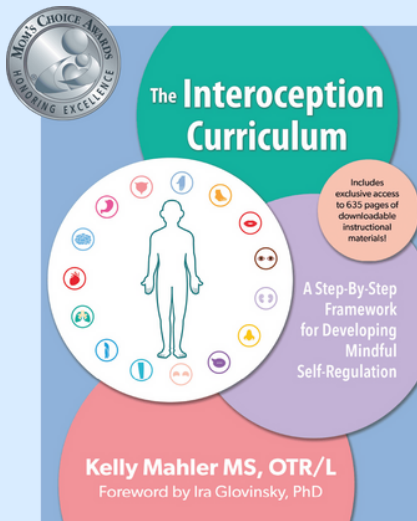
The Interoception Yoga Cards

The Interoception Exercise Cards



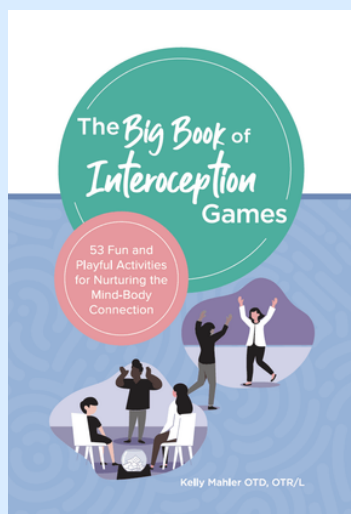
The Interoception Activity Cards

Resources



The Interoception Curriculum

The Body Check Ring



The Big Book of Interoception Games