

# Essential ingredients for healthy development

## SENSES

Play,  
movement  
and time  
outside

## Internal Sensations

(also known as Interoception)

Our organs and internal body systems give our bodies physical sensations that let us know if we are hot or cold, hungry or full, thirsty or need to go to the toilet. We learn to recognise and notice what it may mean if our heart is racing or we are breathing heavily. This sense also helps us to learn about our emotions and know when we feel safe, scared, happy or sad.



## Activity ideas

- ➔ Take time to focus on the following on one body sensation such as muscles, breathing, temperature, heartbeat or touch.
  - » Focus on one part of the body such as curling your toes for 30 seconds.
  - » Notice what you feel. There are no wrong answers.
  - » Move, adjust or change and then repeat the same activity. Pick a spot to notice such e.g. top of your foot.
  - » Notice what you feel and anything that is different.

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- ➔ Mindful based activities that focus on body sensations are great ways to practice awareness of our internal bodies.

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- ➔ Consider incorporating these activities into outdoor activities and or scavenger hunts.

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- ➔ Activities like jumping into lakes in winter and sitting by campfires, help children to learn about temperature and noticing the changes in their bodies. This can help them know when they might add or remove clothes.

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- ➔ Give your child feedback when you notice different emotions - I can see you really like swinging; your face shows that you might be scared. Ask them to notice what their body is doing on the inside (e.g. beating heart, short, quick breaths).

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