

Interoception Sense

The interoception sense is the internal sensory system of the body. The receptors for this system are located in the organs, muscles and skin. Interoception is responsible for the sensations of hunger, thirst, temperature changes, bathroom needs, tense muscles or racing heart. Depending on whether a child is hypersensitive or hyposensitive will determine whether they are over or under responsive to sensations.

Sensitivity symptoms

- Difficulty identifying if they are feeling hungry or thirsty or may always feel hungry or thirsty
- Toileting issues, may sometimes have accidents or use the toilet frequently
- Difficulty regulating emotions and feelings—may not feel angry before reacting
- Distracted by internal sensory input such as hearing their heartbeat
- Difficulty in recognising and communicating internal sensations—feeling hot/cold, pain, itchiness

Suggested activities

- Yoga
- Mindfulness activities
- Heavy work—pushing, carrying, pulling
- Sensory diet
- Social stories
- Visual prompts and cues to identify and communicate emotions and feelings
- Repetitive and rhythmic vestibular input—bouncing, spinning, jumping, marching