

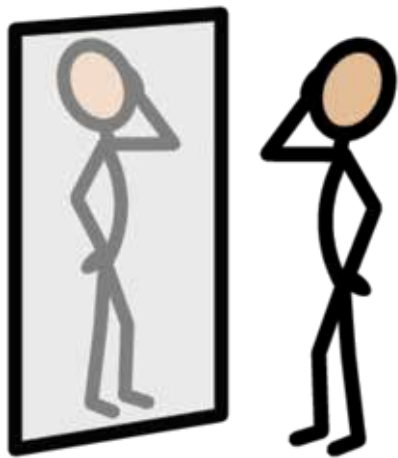
I AM



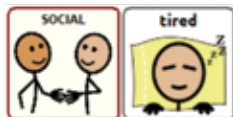
Interoception (not commonly known) is the ability to detect how our inner bodies feel and describe these sensations. Interoception may be broken down into two categories: state of being and emotions/feelings. We'll talk about feelings in December.

Do you know anyone who does not have words to describe sensations related to their body? **Thirsty? Tired? Hot?**

This month we are focusing on vocabulary activities to support learning and communicating about our inner bodies.



Saltillo WordPower™ vocabularies support identification and communication about our sense of interoception.



SEPTEMBER 2020

Storytime

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

AUGUST 2020
S M T W T F S
1
2 3 4 5 6 7 8
9 10 11 12 13 14 15
16 17 18 19 20 21 22
23 24 25 26 27 28 29
30 31

1
2
3
4
5

6
7
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Labor Day

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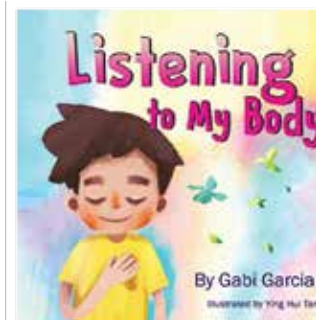
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OCTOBER 2020
S M T W T F S
1 2 3
4 5 6 7 8 9 10
11 12 13 14 15 16 17
18 19 20 21 22 23 24
25 26 27 28 29 30 31



For bonus sensory regulation tips and activities, scan this code!

Listening to My Body by Gabi Garcia



Explore feeling and sensations through this interactive book. Find opportunities to practice naming sensations and feelings that accompany them. Help kids self-regulate. **How do you feel?**

Words to Model:



Let's Play a Game!

Explore and practice emotion words as you play a game of Emotions BINGO and use the target word *feel*!

Download Emotions BINGO.



Use emotion words available in WordPower™.



How do you feel?



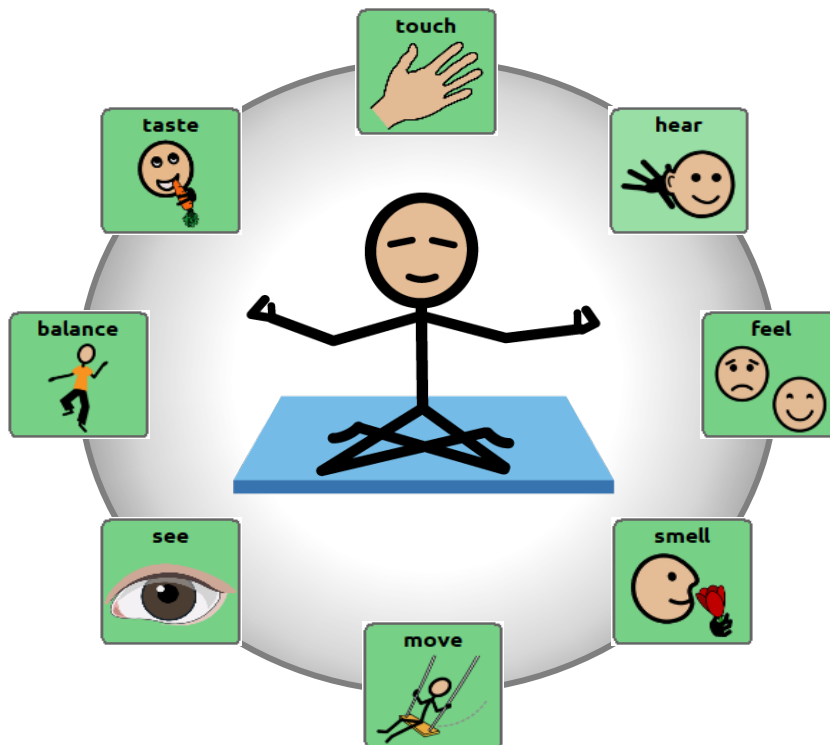
Model "I feel ____."



Practice sentences for Sensory Seekers and Avoiders- September-1 am.

Every person handles sensory input a little differently. Use these practice sentences and learn ways to talk about and regulate sensory input. Some people, 'sensors and seekers', seek sensory stimulation. Other people, 'avoiders and bystanders' avoid it.

Are you a 'seeker'? Are you a 'by-stander'? Are you a mixture?



SEEKER:

Term used to describe a person who looks for sensory stimulation. They may seek a certain type of input. Seekers may always want 'more'. They love sensation. While providing more input, it is important to keep routines in place.

AVOIDER:

Term used to describe a person who avoids sensory input. Avoiders crave routines and order. They may not like new sensations and when a routine is changed may become anxious. An avoider may need a quiet place to go and language to help manage sensory overload.

Saltillo and TouchChat WordPower™ vocabularies support identification and communication about our senses.

The sequences presented here are examples found in WordPower60 Basic SS.



September-Interoception-I am

<p>I am tired.</p>	<p>I am thirsty.</p>
<p>I am excited.</p>	<p>I am sick.</p>
<p>I am happy.</p>	<p>I am sad.</p>
<p>I am hot.</p>	<p>I am full.</p>
<p>I am angry.</p>	<p>I am dirty.</p>

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