

## I FEEL

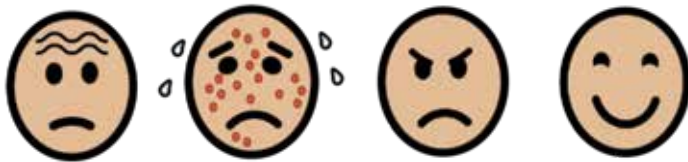


**Interoception** is the ability to detect how our inner bodies feel and to have words to describe these emotions. Interoception may be broken down into two categories: state of being and feelings. This month we are focusing on our emotions.

Do you know anyone who can't tell you why they are crying? Someone who doesn't know why they are anxious? Someone who laughs at everything?

**Strategies to teach vocabulary for emotions enable us to:**

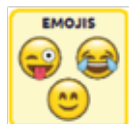
- know different feelings and label them
- identify our own feelings and emotional state
- identify the emotions of others
- use emotional knowledge to guide and control our own behavior



*Saltillo WordPower™ vocabularies support identification and communication about our emotions, i.e. happy, sad, hungry, thirsty, tired, sick, and many more.*



*Today, emojis are widely used to express ideas, emotions, etc. Did you know that WordPower includes emojis, too!?*



# DECEMBER 2020

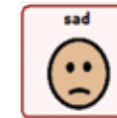
## Storytime

### The Way I Feel by Janan Cain



Explore many different feelings you might experience day to day. The author expresses emotions and how someone might feel in different scenarios. **How do you feel?**

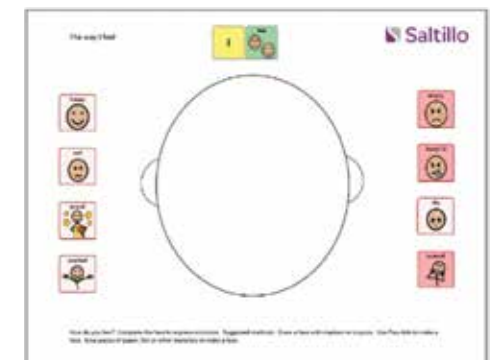
#### Words to Model:



## How Do You Feel?

Try out this activity to talk about **how you feel!**

1. Download "The way I feel"



2. Print
3. Laminate if you wish
4. Fill in the face to complete different **emotions**

5. Ideas for completing:

- Use markers/crayons to draw
- Use Play-Doh to create face shapes
- Use pieces of paper or other materials to complete the face

6. Does it match any of the **emotions** on the board?  
Or something different?

7. Talk about **emotions**

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

NOVEMBER 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					

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

Christmas Eve Christmas Day

27	28	29	30	31

New Year's Eve

JANUARY 2021

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						

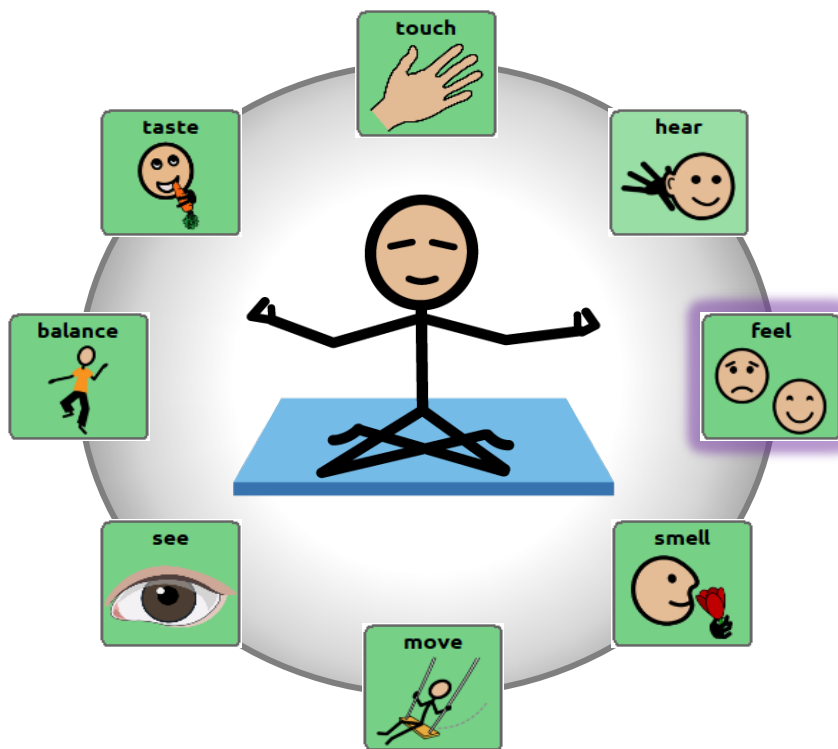
For bonus sensory regulation tips and activities, scan this code!



## Practice sentences for Sensory Seekers and Avoiders- December- I feel

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.



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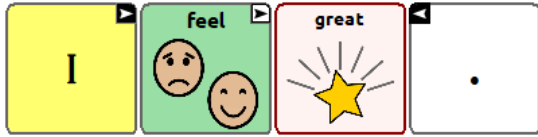
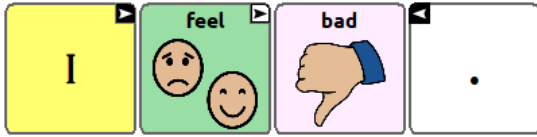
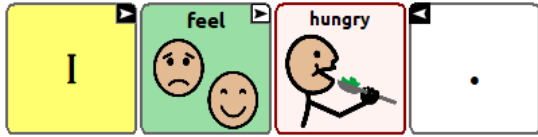
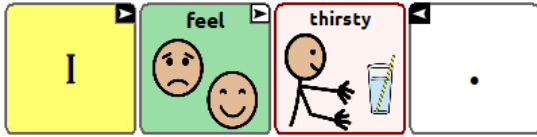
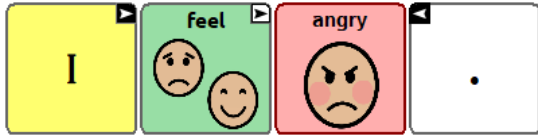
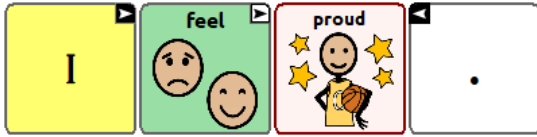
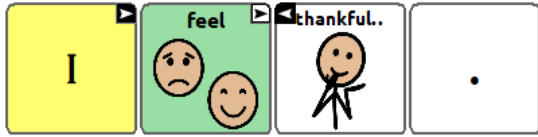
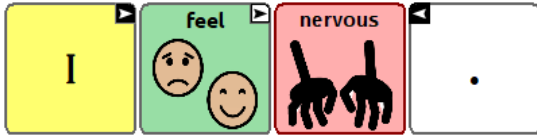
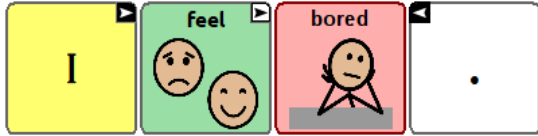
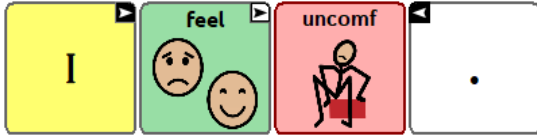


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December-Interoception- I feel	
<p>I feel great.</p> 	<p>I feel bad.</p> 
<p>I feel hungry.</p> 	<p>I feel thirsty.</p> 
<p>I feel angry.</p> 	<p>I feel proud.</p> 
<p>I feel thankful.</p> 	<p>I feel nervous.</p> 
<p>I feel bored.</p> 	<p>I feel uncomfortable.</p> 

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