

"Feel our
heartbeat!
thumping f
my ches

Mindfulness

for

Interoception Awareness

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| <p>1 Dinosaur Stomp
Stomp heavy, jump high, freeze.
"Feel our heartbeat! Mine's thumping fast in my chest!"</p> | <p>2 Jelly Shake
Shake your whole body fast to a song, then freeze
"My body feels warm & tingly!"</p> | <p>3 Icy Slide Sip
Sip ice water through straw. "Wow, it went down a big slide... landed cold in my stomach!"</p> |
| <p>4 Tummy Massage
Circle hands clockwise on belly. "My tummy feels warm and swirly now."</p> | <p>5 Power Squeeze Hug
Tight self-hug, hold 5 seconds, release. Repeat 3 times. "My whole body feels strong and safe!"</p> | <p>6 Hum "Happy Birthday"
"My chest was vibrating... now it feels open and spacious inside."</p> |
| <p>7 Belly Breath
Hand on belly. Big breath in (belly rises like balloon), slow breath out. Repeat. "My tummy was rising like a balloon... now it feels relaxed like a soft pillow inside."</p> | <p>8 Marshmallow Sniff
Grab a marshmallow & sniff
"I notice my mouth watering when I sniff, and inside my tummy feels awake and hungry."</p> | <p>9 Warm Water Sip
Sip warm water through a straw. "Oh I notice warmth spreads slowly down & my tummy feels cozy inside."</p> |
| <p>10 During Eating (Fullness Rising)
Pause midway through eating:
"I notice food filling my tummy - it's getting warm, heavy & full inside now."</p> | <p>11 Shoulder Squeeze
Squeeze shoulders right up to your ears, hold tight, then relax. Try slowly 5 times!
"Oh my muscles feel tight moving up... now they melt warm and loose down my neck!"</p> | <p>12 Heartbeat Stethoscope
Press chest piece over heart, listen quietly.
"I notice my heart thumping loud through the stethoscope, and inside my chest I feel it pulsing strong and steady."</p> |

