

My Body Check-In

An interoception check-in for kids. Stop 3 times a day (morning, lunch, after school) and notice what your body is telling you.

Ask my body	Clues	Circle
Am I hungry?	Tummy rumbling, empty, wobbly	Yes / No / A bit
Am I thirsty?	Dry mouth, sticky lips	Yes / No / A bit
Do I need the toilet?	Pressure low in the tummy	Yes / No / A bit
Am I hot or cold?	Sweaty or shivery, red or pale	Yes / No / A bit
Am I tired?	Heavy eyes, yawning, slow body	Yes / No / A bit
How is my heart?	Fast, slow, pounding	Yes / No / A bit
How is my breathing?	Quick, slow, tight	Yes / No / A bit
How do my muscles feel?	Tight, floppy, wiggly	Yes / No / A bit

Body signal to action

If my body says...	I can...
Hungry or thirsty	Have a snack or a drink of water
Need the toilet	Go now, before it's urgent
Hot or cold	Take off or put on a layer
Heart fast, breathing quick	Slow breaths: smell the flower, blow the candle
Muscles tight	Squeeze and let go, or do wall push-ups
Wiggly body	Take a movement break

Practise noticing

- Do 20 star jumps, then feel your heartbeat
- Hold something cold, then something warm
- Squeeze your fists tight for 5 seconds, then let go

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