

Interoception

Kelly Mahler

What do you *feel* inside your body?

Is your heart beating fast or slow?

Are your muscles tense or relaxed?

How does your stomach feel?

How do you know when your hungry?

Is your breathing deep or shallow?

How do you know when you need to use the bathroom?

Most of us are able to *feel* all of these sensations with the help of our very important, eighth sensory system, Interoception. Join us as we learn more about this eighth sensory system and how it impacts self-regulation for our students.

South Shore Regional School Board

Monday, May 1st, 2017

9:00 – 3:00 pm

Hebville Academy



Partnership with SSRSB, Autism Nova Scotia South Shore Chapter, and SEIU PD Committee