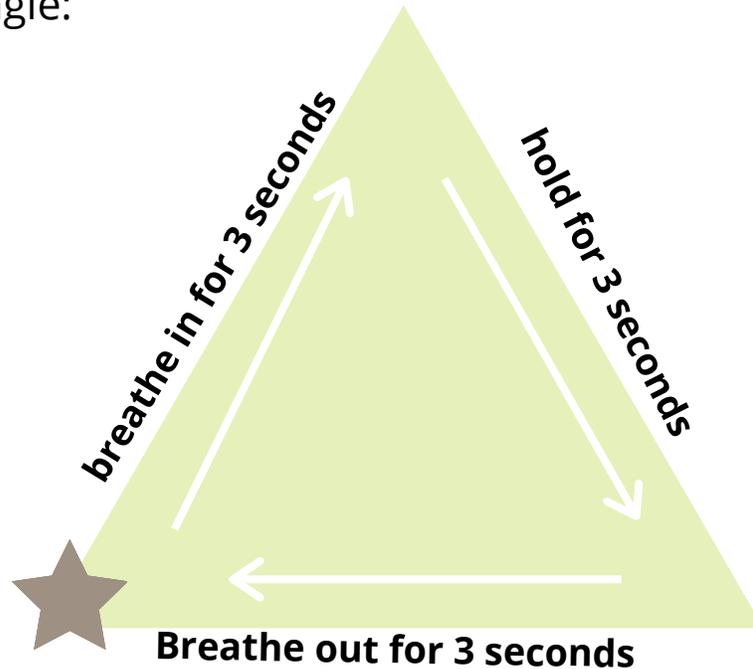


BREATHING ACTIVITIES

Three sided Breathing. Start at the star and trace your finger along the triangle:



Verbal cues

"Smell the flowers, blow the petals"

"Smell the cake, blow out the candles"

(hold your hand up) "Blow out the candle"

(drop one finger with each breath)

"breathe in, and then blow out fire like a dragon"

"Take a deep breath in, and then breath out like a whale (make whale sound)"



BREATHING ACTIVITIES



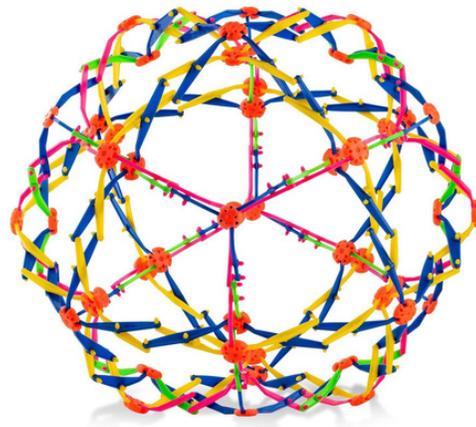
Blow bubbles



Pin wheel



Kazoo



Hoberman Sphere

Click these links for more.....

[Fire Breathing Dragon Craft](#)

[Mini Puff Animals](#)

[String Pipe Bottle](#)





BATHROOM MAKEOVER

Help your child feel safe and comfortable in the bathroom by changing the environment. Use your sensory detective skills to identify parts of your bathroom that make your kiddo uncomfortable. Next, decide what you can change or adapt to make your space more pleasing.

FIRST - let's take a look at what your bathroom is like now.

Things I see: _____

Things I smell: _____

Things I hear: _____

Things I feel: _____

My Body position: _____

Overall comfort level:



Draw or paste a picture of your bathroom here:



BATHROOM MAKEOVER PAGE 2

Next, decide what you can change

Things I see: _____

Things I smell: _____

Things I hear: _____

Things I feel: _____

My Body position: _____

Things I can add to make the bathroom more comfortable:

- Fidgets
- Stickers
- Toy
- Timer
- Room spray
- Book
- Lap towel
- Mirror
- Pictures of favorite character
- A light up toy
- Something to look at
- Something to smell

After your changes rank your overall comfort level:



Draw or paste a picture of your bathroom here:



BODY CUES/ AWARENESS

Interoception is your 8th sense and it is how you can feel what's going on inside of your body things like:

Sexual Arousal Pain/Nausea Fatigue Thirst or Hunger Your body temperature

When you have to pee or poo

It also includes physiological feelings related to EMOTIONS like:

-Racing Heart. |. Cold Sweats. |. Pit of your stomach nervous

How does interoception work?

Your organs and muscles have a little sensors that feel things and send messages to the brain so your brain can regulate and know what to do. For example, when your bladder gets full it sends a signal to your brain that you need to find a bathroom.

What happens when your sense of Interoception isn't so strong or is really strong or isn't working correctly?

This can make it very difficult to regulate your body for example you might hold your pee or poo too long or wait till you're extremely hungry before you eat.

For a lot of kiddos (and adults!) an over or under responsive interoception reaction can look like:

-Not choosing appropriate clothing (i.e. tank top and flip flops in below freezing weather)

-Holding their pee until they cannot control

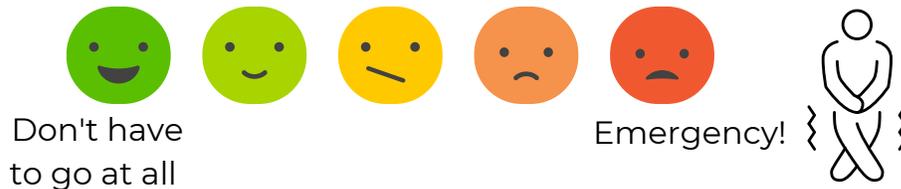
-Not knowing when they are hungry/thirsty/full and over/under eating or becoming dehydrated.



While over or under responsiveness to internal signals can cause barriers to function, there are things you can do to help build or compensate for this sense.

Here are a few ideas:

Use visuals like 1-10 scales or pictures of a feeling to help create a picture of what a sensation feels like.



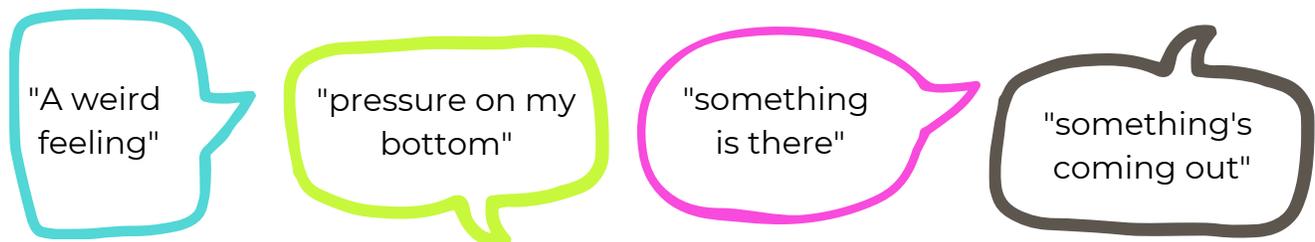
Model language and expression to demonstrate how you feel when you're hungry, full, hot, or have to use the bathroom.

- "My belly feels full I think I have to poop"
- "I drank a lot of water today and I have to pee more than usual"
- "My tummy is growling - I know that usually means I am hungry!"



Implement a "body scan" several times a day when you pay close attention to your body parts and describe how they feel.

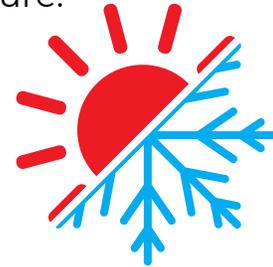
Sometimes children may be unfamiliar with their body sensations related to pee and poo. Some children may recognize feelings of having to poop as:



**If you think your child may have issues to interoception or sensory processing, reach out to your doctor. You may want to request an occupational therapy referral. Occupational therapists have special training to help people with sensory processing and daily routines.

More Interoception activities

Warm/cold: Explore the sensations of warm and cold by filling two zip lock bags with water - one with warm water and one with cold water. Have your child touch the bags to feel the difference in temperature. See if they can also tell the difference with their eyes closed. Ask where they feel the sensation in their body and how their body knows the difference.



Hunger: When you're eating with your child/family use the preparation time (while you're finishing cooking or setting the table) to talk about how hungry you are - use a picture scale as a visual aid - from "very hungry" to "too full". You can repeat this activity after dinner and use this same activity with thirst.



Internal Body Awareness:

Use developmentally appropriate learning materials to teach your child about their organs - how they function and what they do. Explain that there are some organs we can feel working such as our heartbeat, bladder, our stomach, and our colon/rectum. Explore feeling the heart by feeling your heart beat when resting and then after activity. You can do this by teaching pulse points or putting a hand over your heart to feel the beating.

