Interoception Discovery Boardgame

Thank you for coming to our boardgame, we are hoping that through this game you are able to understand a bit more about your own interoception and internal body signals.

Interoception is our internal body sense that tell us how we "feel" and understand what's happening inside our body, influencing both physical and emotional well-being (Farb & Mehling, 2017).

How might this boardgame help you and your young people?

Interoception education is an emerging practice within the education system. Studies suggest that schools who implement interoception learning, have decreased behavioural challenges over the school year (Department of Education South Australia, 2023).

Improving Interoceptive awareness allows students to better manage stress, improve focus, and enhance their overall well-being, which supports academic success (Department of Education South Australia, 2023).

Game developed by Jenny Gay, Jessica Wright and Daniela Veljanovska



Printing instructions
This boardgame is designed to printed on a double sided A4 sheets. Select landscape, and fit to page. The game board can be used as is and cards to be cut out.

Interoception Discovery Boardgame

What do you need?

Provided

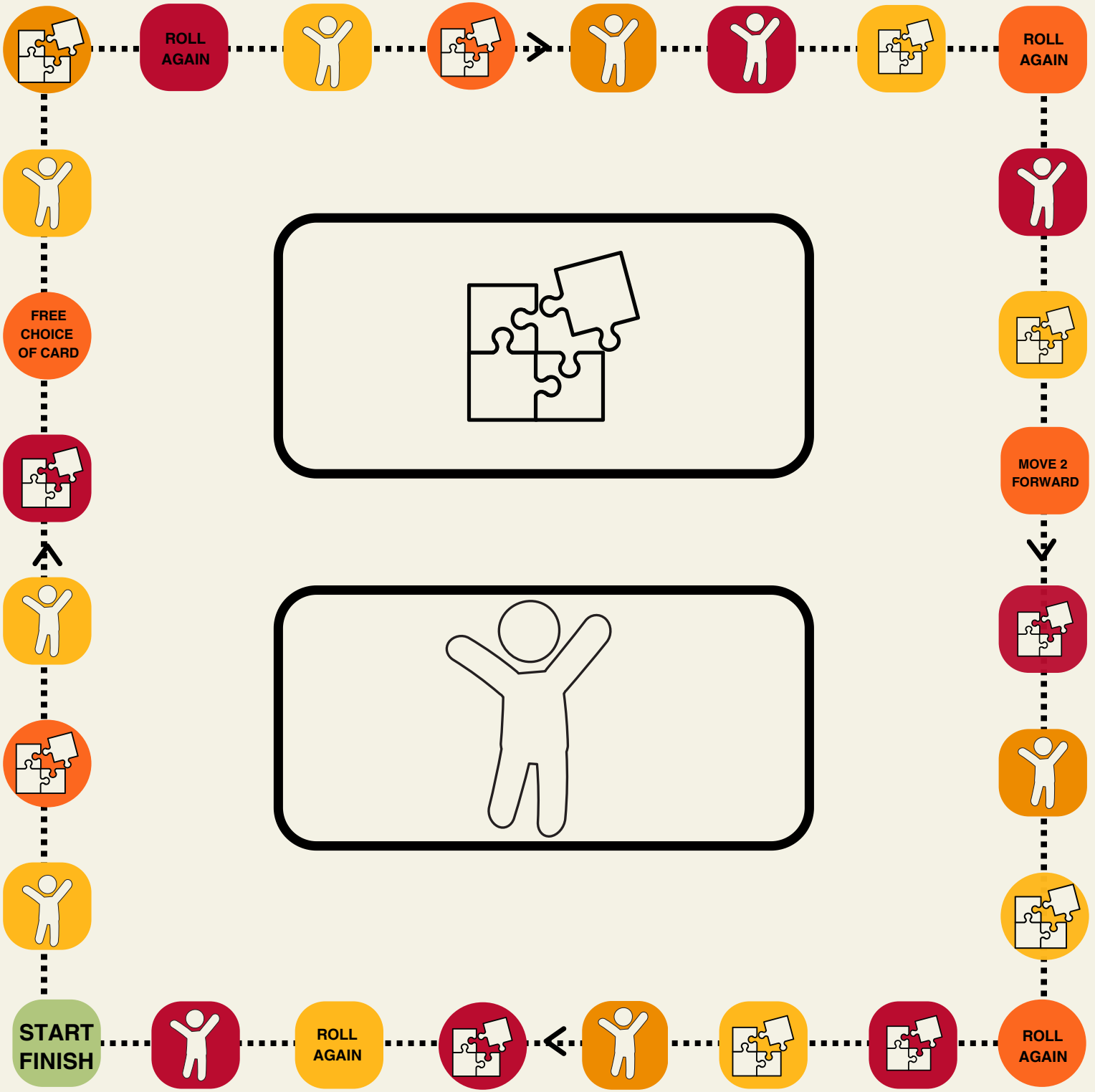
- Gameboard
- Reflection and challenges cards

You provide

- Game pieces
- Dice
- If possible chocolate bar, access to hot and cold water

Instructions for play

1. Each player chooses a game piece and places them in the “Start “area
2. Each player rolls the die. The player with the highest number goes first
3. Move your game piece clockwise around the board
4. Each time you stop on a body space, you need to take a reflection card and read it aloud
5. If you stop on the puzzle space, player is required to take a challenge card and complete the activity
6. Once a player has made it around the board to the finish the game is over


ROLL AGAIN
ROLL AGAIN
FREE CHOICE OF CARD
MOVE 2 FORWARD
START FINISH
ROLL AGAIN
ROLL AGAIN

Left Blank Intentionally

Body sensation cards

Hands

Think about a time when you've been doing a lot of writing and holding your pen or pencil tightly.

How does your hand feel?



Hands

Imagine that you're touching an object with different textures like soft, rough, sticky or smooth surface.

Which one do you prefer and why?



Feet

Think about walking on different surfaces like sand, grass, or concrete.

Which one do you prefer and why?



Feet

Do you like being barefoot or do you prefer to have on shoes and socks?



Mouth

When having something to drink , do you prefer hot or cold drinks?



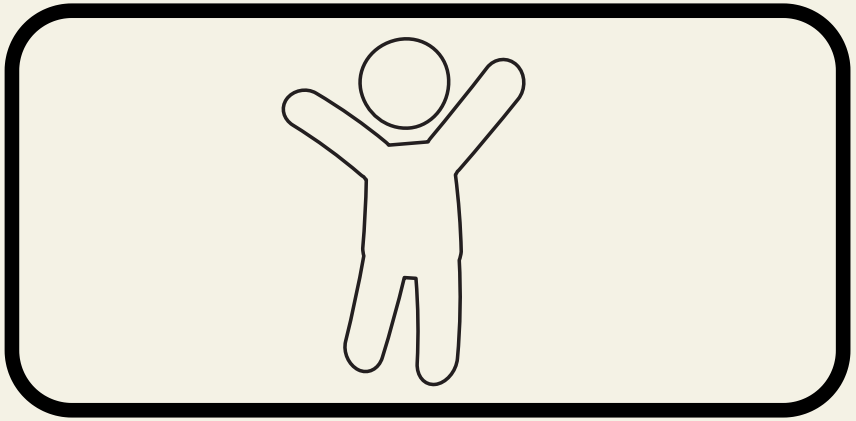
Mouth

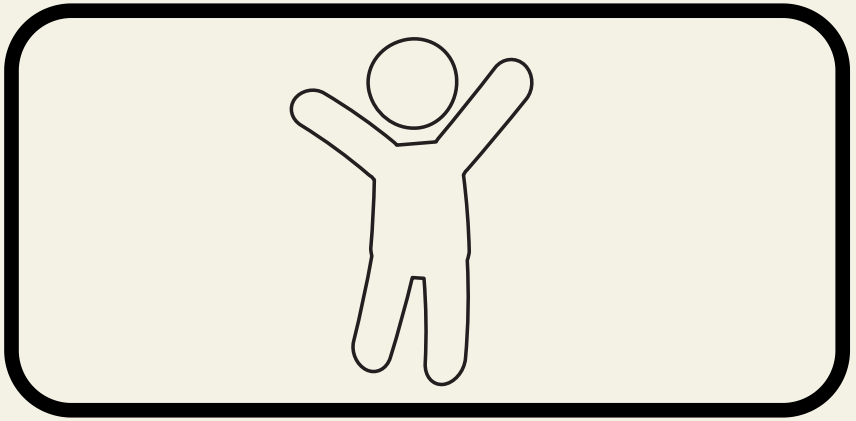
Think about eating foods with different textures, such as crunchy, chewy, or soft.

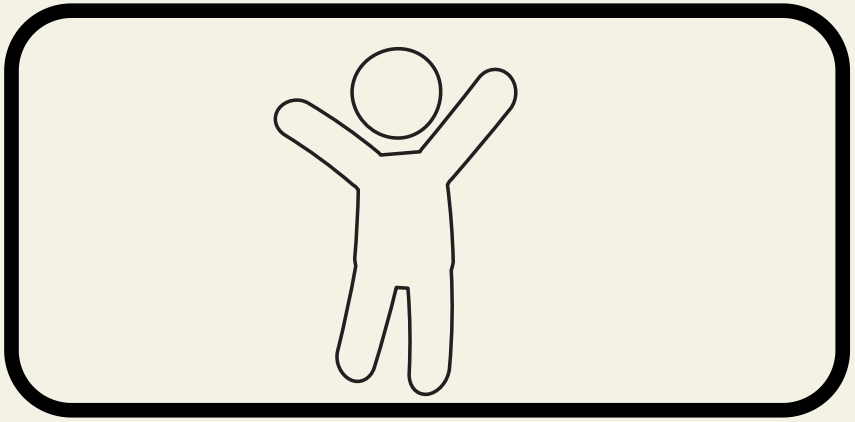
Which one do you enjoy the most and why?

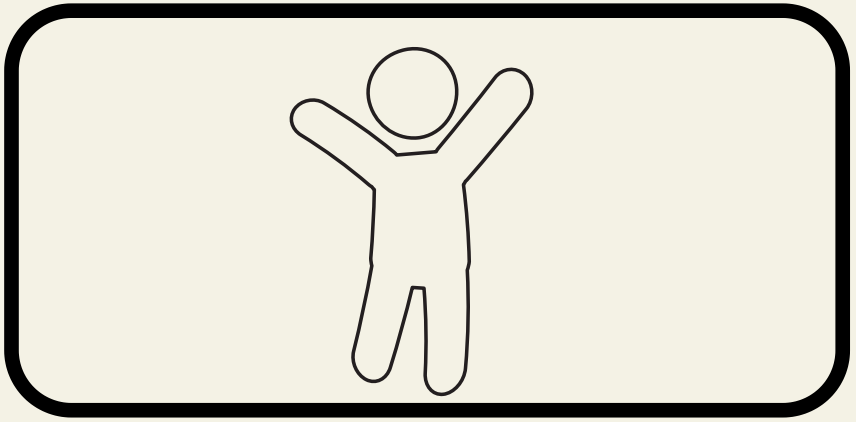


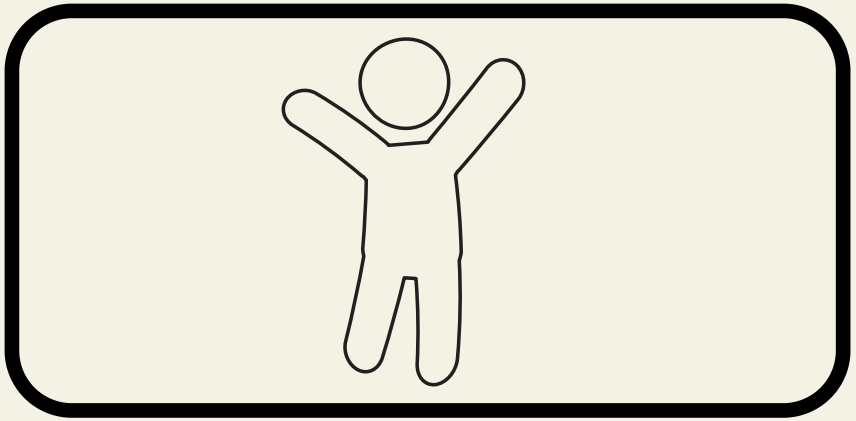
Body sensation cards

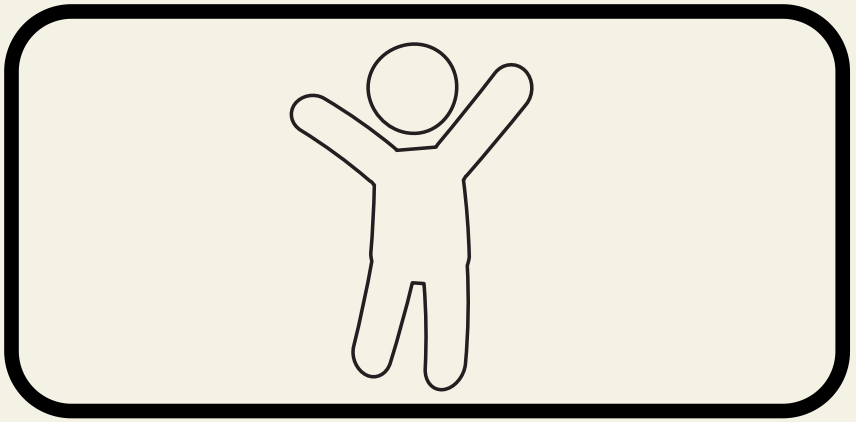












Body sensation cards

Eyes

What does it feel like when the lights are really bright?

Do you prefer bright white lights or warm yellow lighting?



Eyes

Do you like looking at different colours or patterns?

What ones do you like best? Or do you prefer no patterns?



Eyes

How do your eyes feel when you are swimming in salty ocean water or a chlorinated swimming pool?



Ears

Do you jump and startle easily when you hear a loud noise? If yes, what does this feel like in your body?

Do you notice anything else happening in your body?



Ears

Think about hearing different types of music or sounds.

Do you prefer relaxing or fast music?

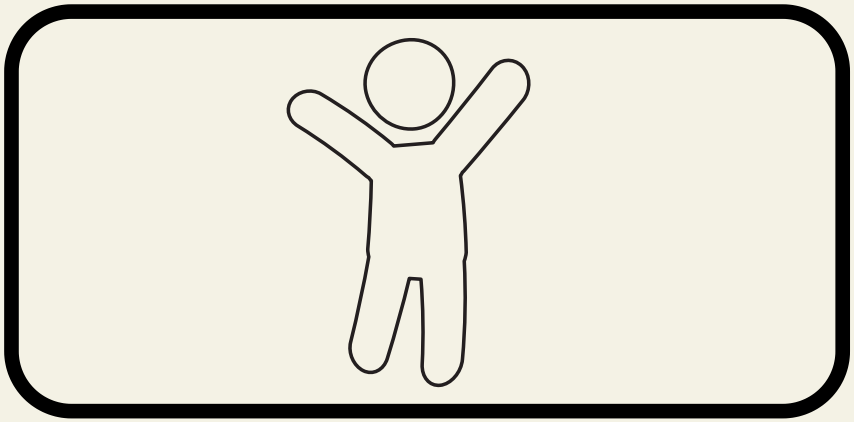


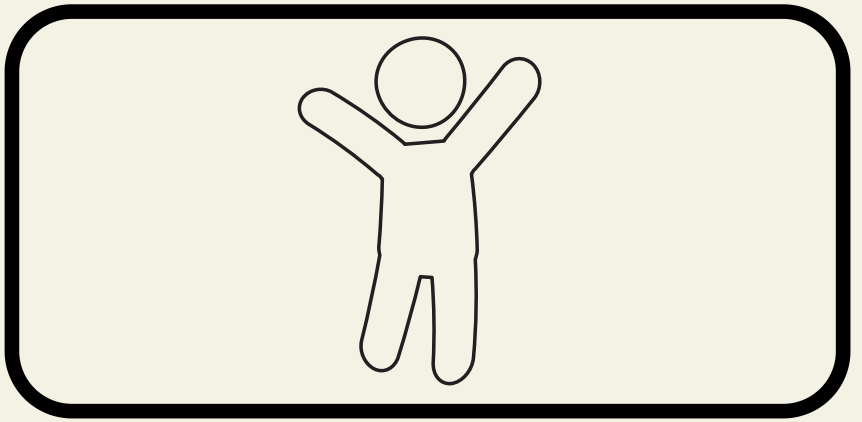
Ears

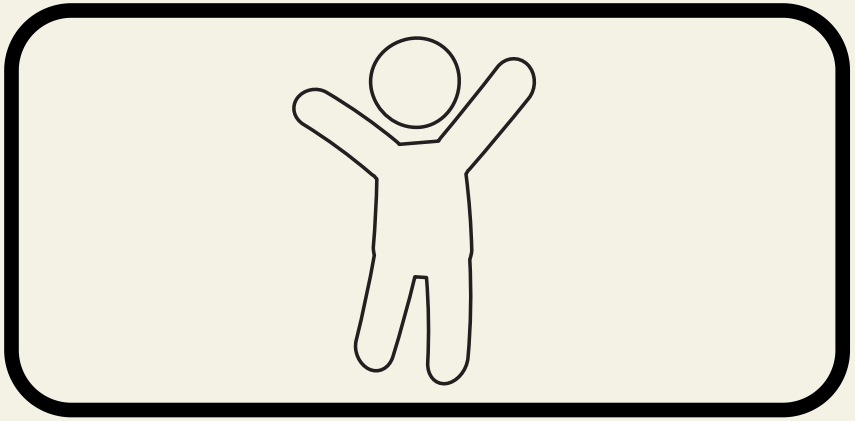
If you are swimming and get water in your ears what does this feel like?

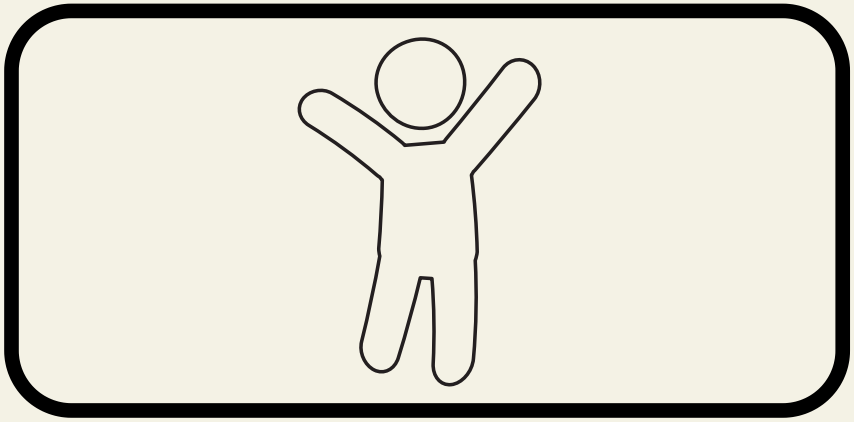


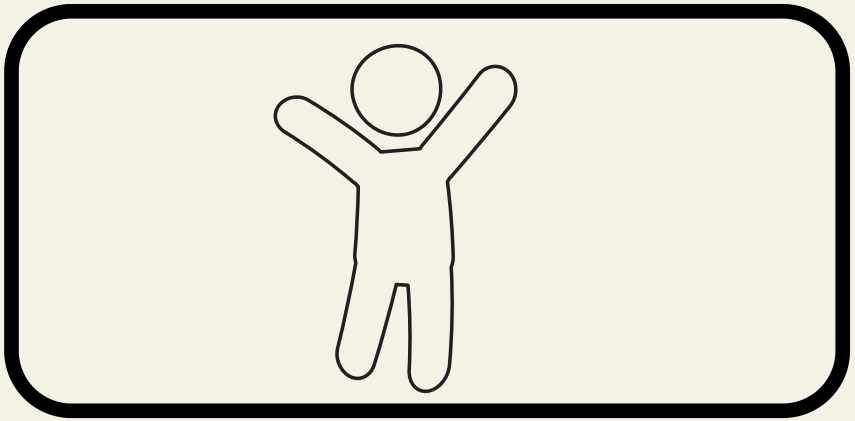
Body sensation cards

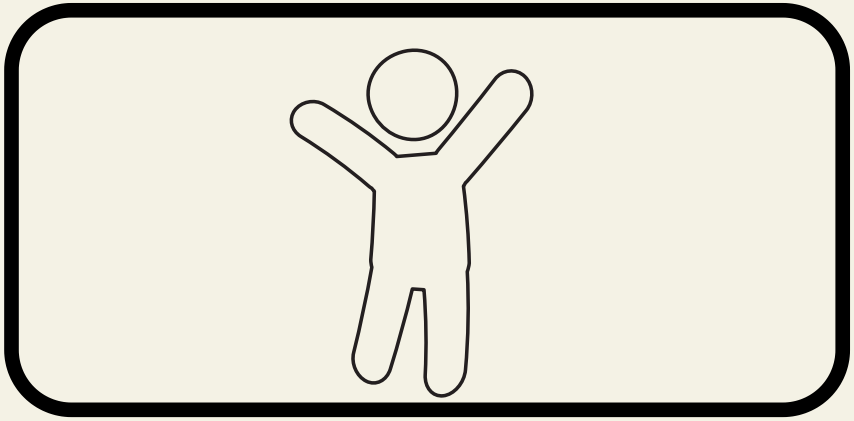












Nose

Do you like strong smelling things such as food, incense and candles?

If no, tell us why?



Nose

Do you like the smell of perfumes or aftershave?

Which one is your favourite and why?



Voice

Share a memory when you need to have an oral presentation at school.

What was the volume of your voice? Did it sound shaky or confident?



Voice

Think about when someone speaks loud or soft.

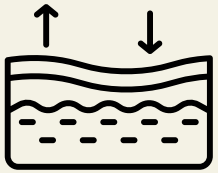
Do you like it or hate it, and why?



Skin

Think about a time when your skin felt itchy.

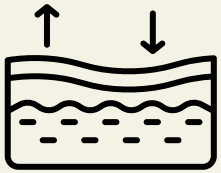
How did it make you feel? Did you feel it anywhere else?



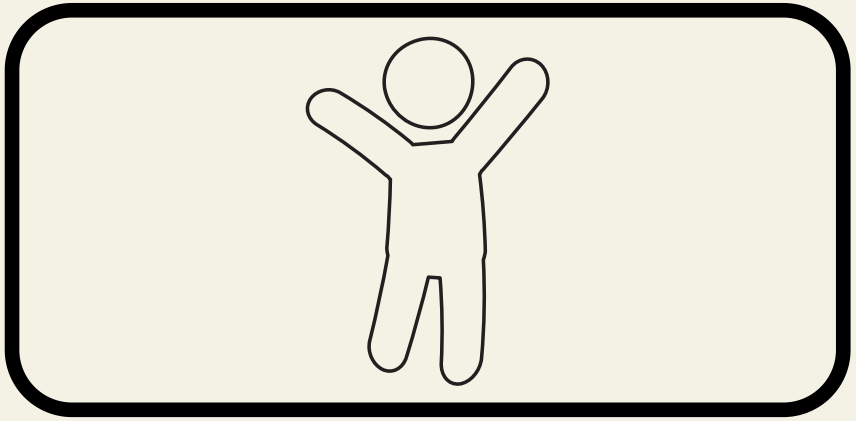
Skin

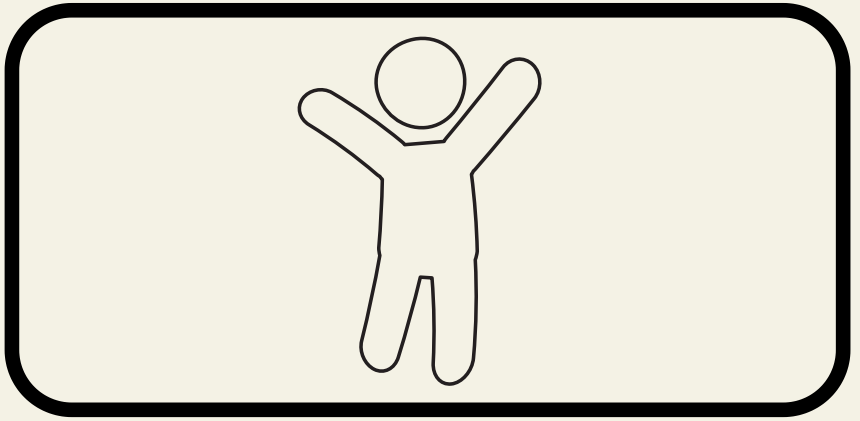
Do you like the feel of sunscreen or moisturiser on your skin?

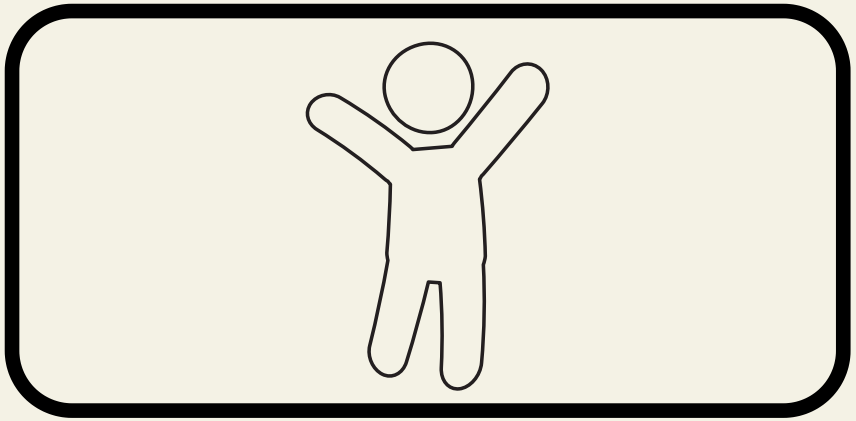
Why/why not?

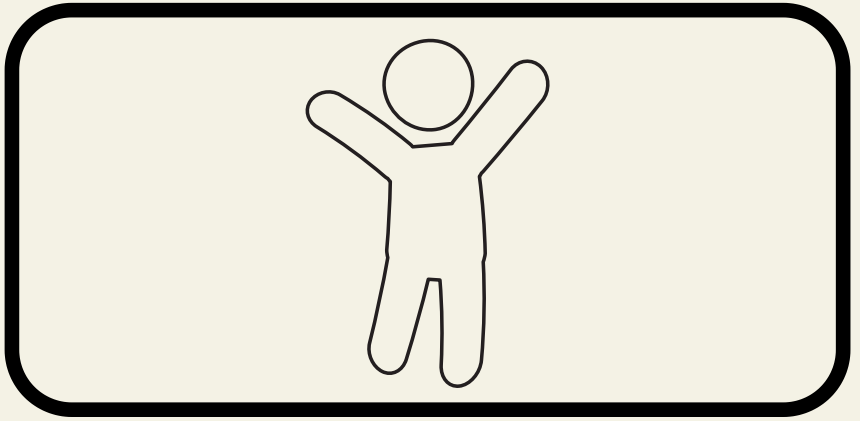


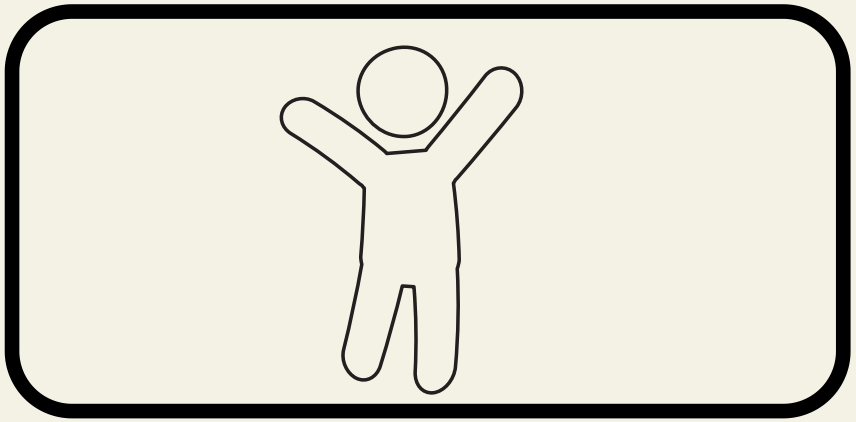
Body sensation cards

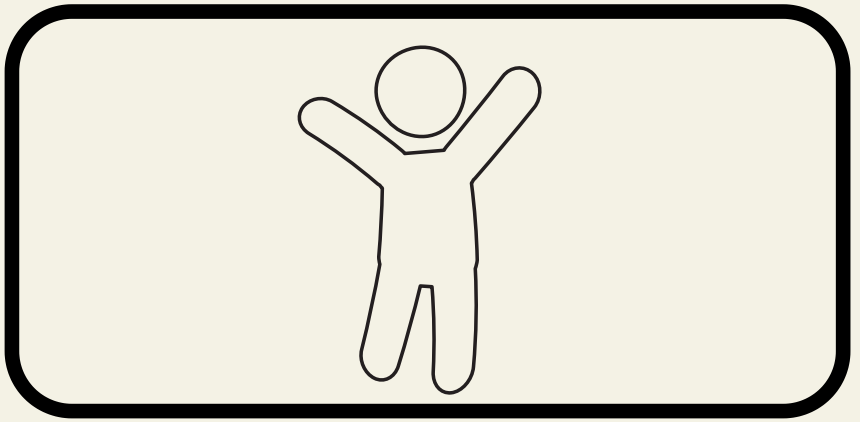












Muscles

Think about a time when your muscle felt tense or relaxed.

What exercise or activity were you doing at that moment?



Muscles

When you play sports or exercise how your legs feel?

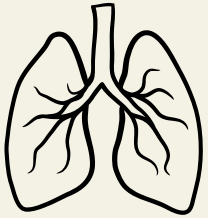
Are your muscles sore or relaxed? Tense or lose?



Lungs

Think about a time when you took a deep breath and felt your chest fill up like a balloon.

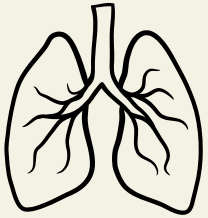
How did it feel in your body?



Lungs

When running fast or jumping, have you felt like you cannot catch your breath?

What sensation did you feel with that?



Heart

Think about a time when you felt anxious or scared.

Have you noticed your heartbeat – was it fast or slow? Tell us about it



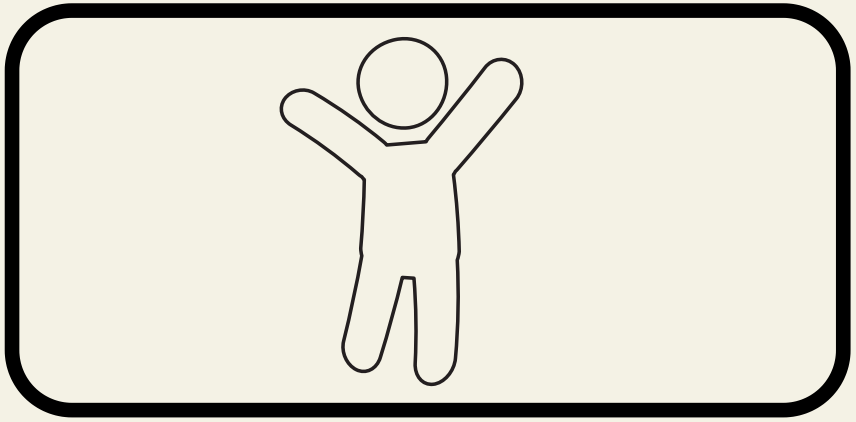
Heart

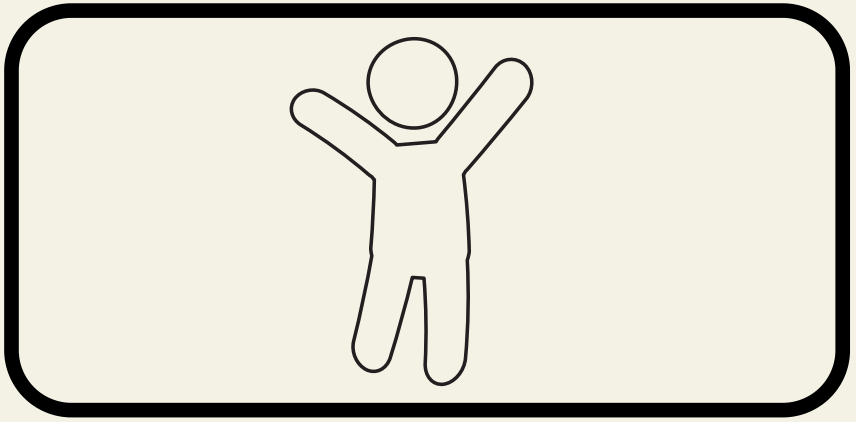
Think about a time when you felt excited.

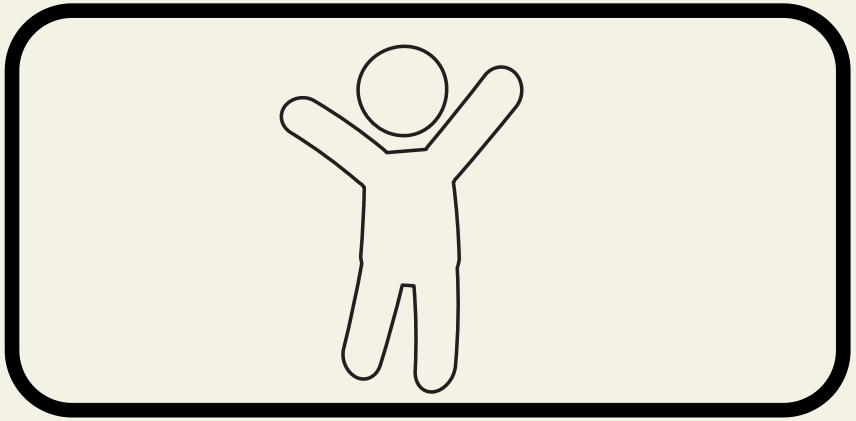
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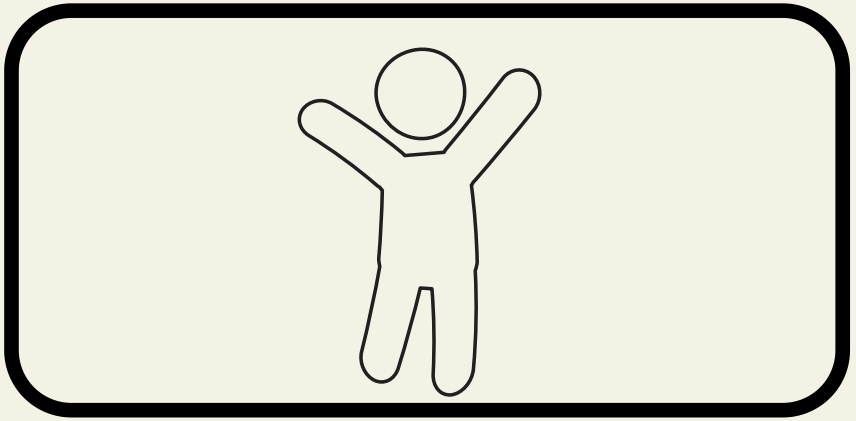


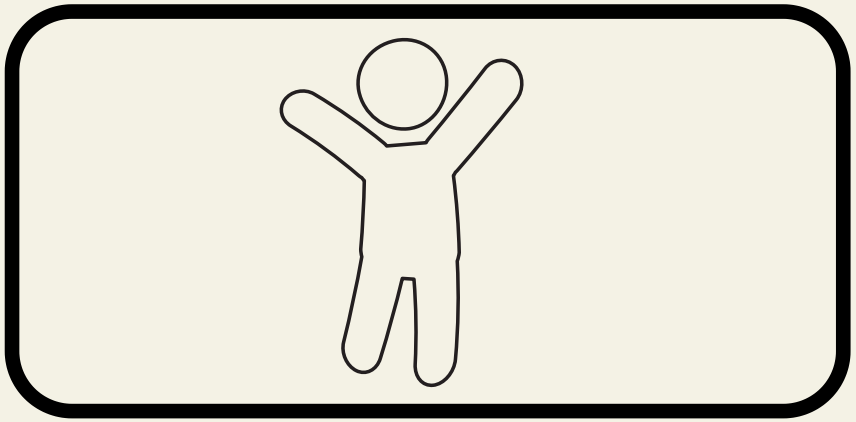
Body sensation cards

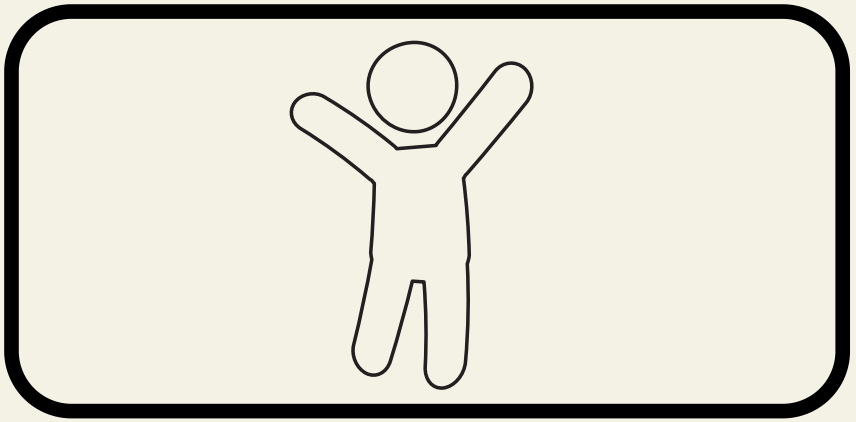












Stomach

Think about a time when you felt hungry

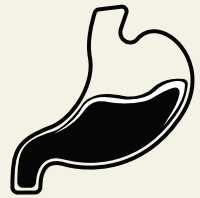
Did you notice any feelings or sounds from your stomach?



Stomach

Share a time when you felt excited or nervous.
Did you feel like there were butterflies inside your stomach?

Did you notice anything else in your body – pain or discomfort?



Bladder

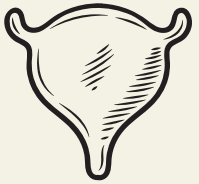
Think about a time when you really needed to go pee.
Do you notice the feeling early or late when it is urgent?
Only answer what you feel comfortable with sharing



Bladder

Think about the sensation of your bladder getting full and how it feels when you finally go to the bathroom and your bladder is empty.

Are you aware of these different sensations? What sensation did you feel with that?



Whole Body

While you are sitting, check in with your body.

Can you feel any pain, or sensations? Where are they?



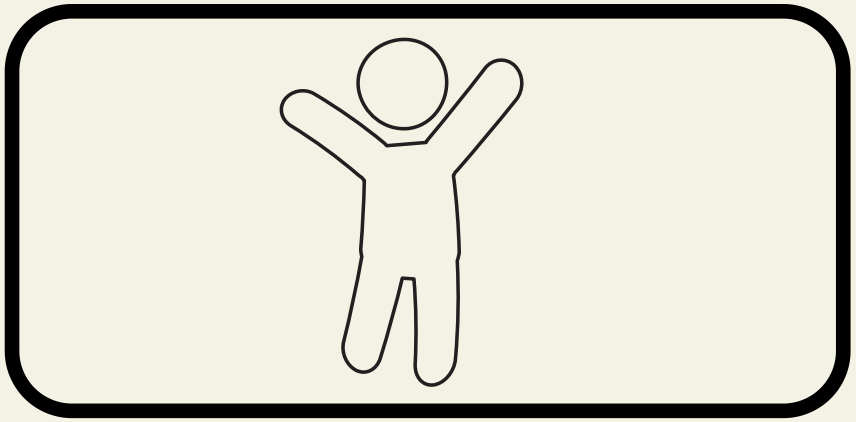
Whole Body

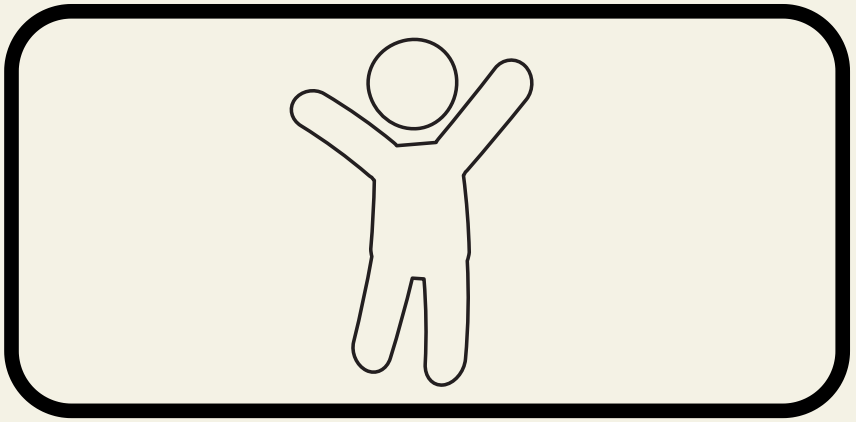
Are there times where you can feel certain parts of your whole body more?

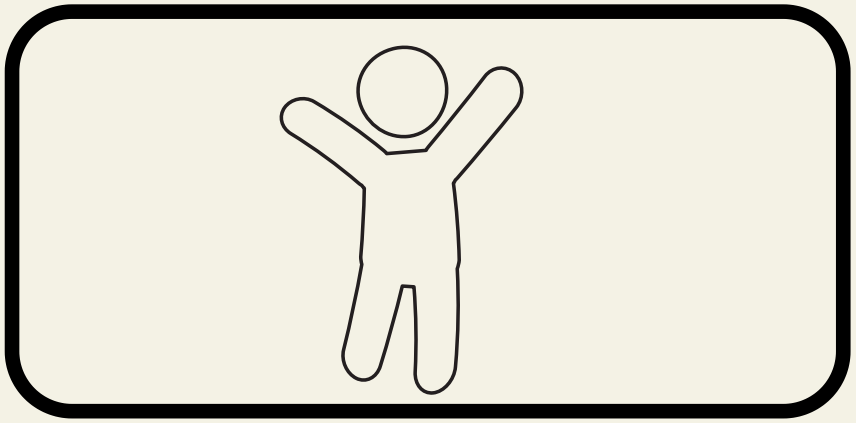
Is it when you are active or having quiet time?

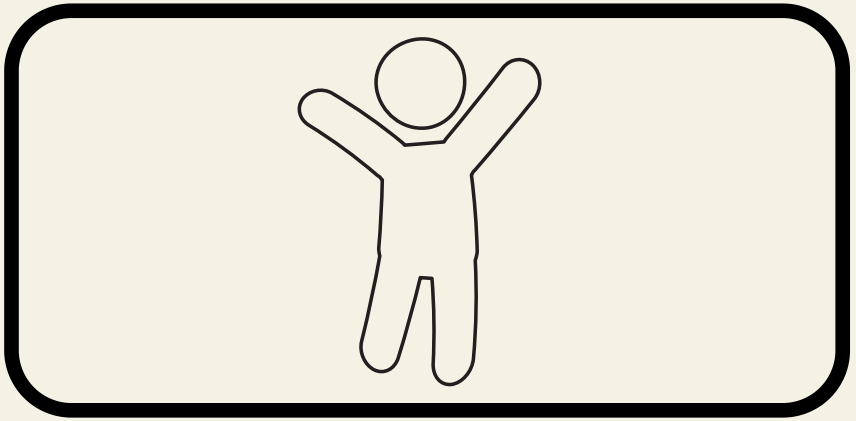


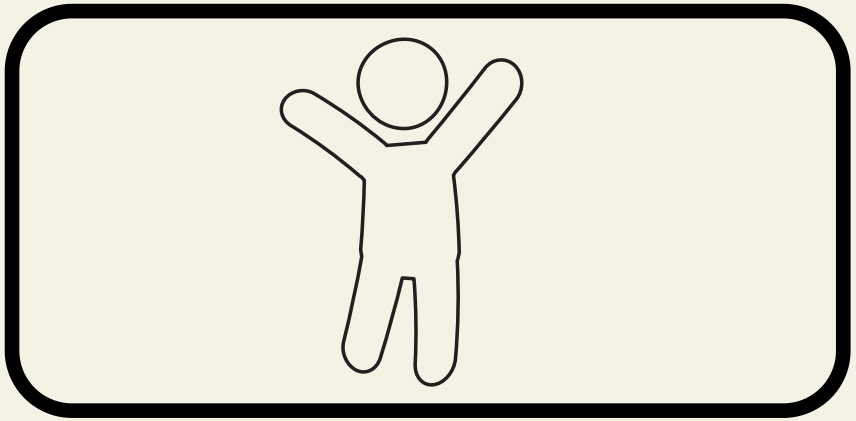
Body sensation cards

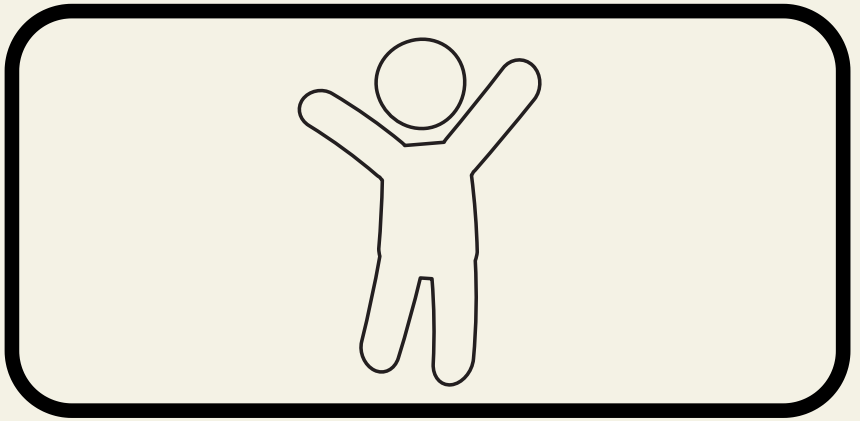








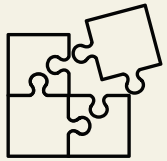




Challenge

Wash your hands first with cold then with hot water? How does that feel?

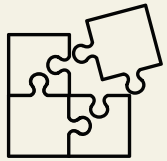
Which did you prefer?



Challenge

Raise up your tiptoes and hold for 10 seconds.
Now relax.

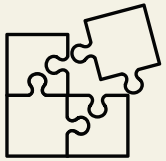
How do your legs feel – do you notice anything?



Challenge

Eat a piece of chocolate or any sweet snack.

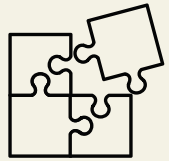
Describe how that feels and what you notice.



Challenge

Stand on one foot and balance for 15 seconds.

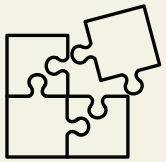
How does this make your foot feel?



Challenge

Hold a lump of bluetak or a fidget tool.

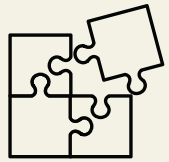
What does it feel like?



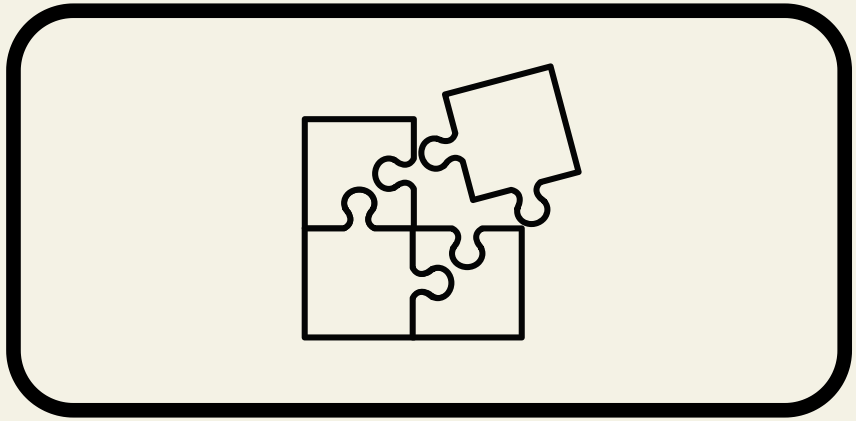
Challenge

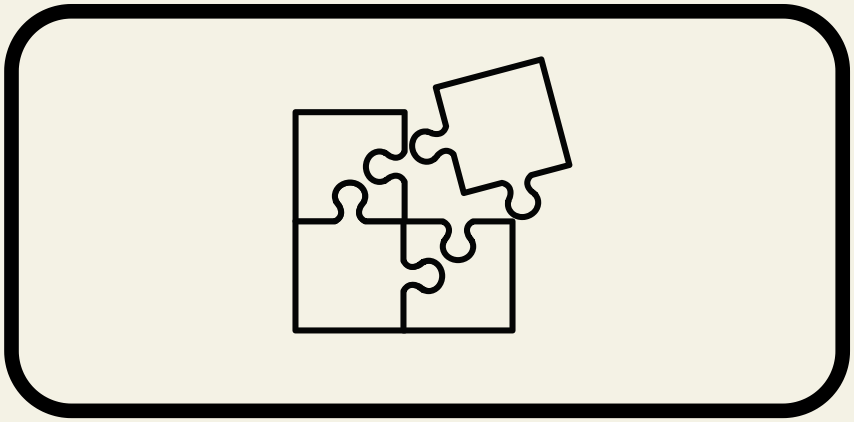
Do five jumping jacks.

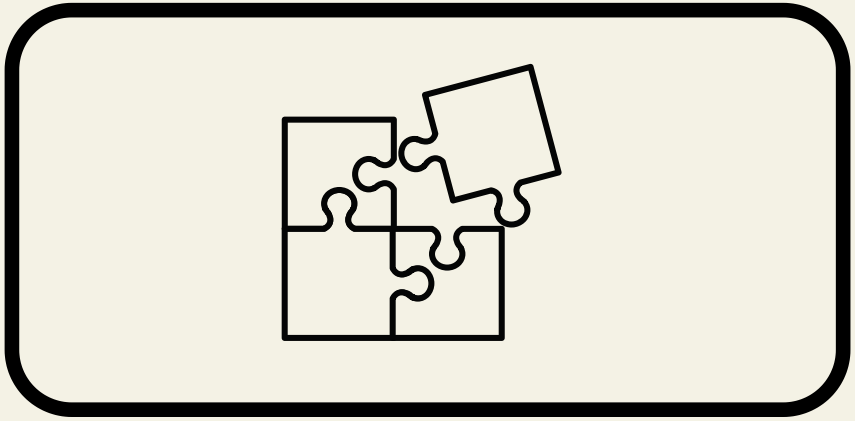
Does your heartbeat fast after exercising?

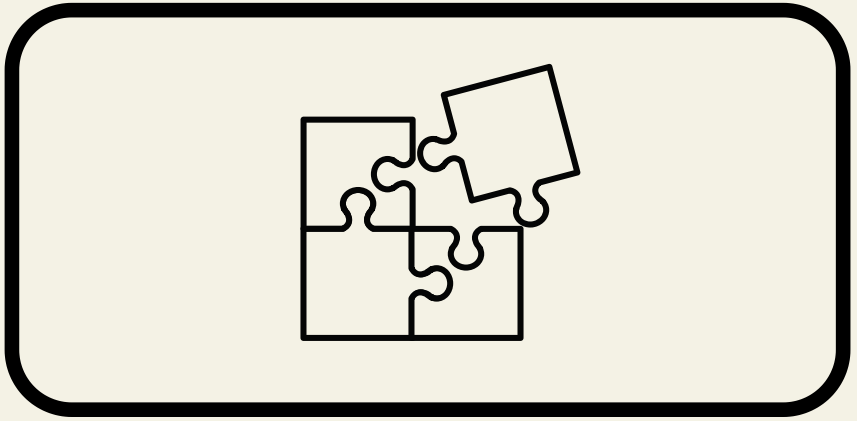


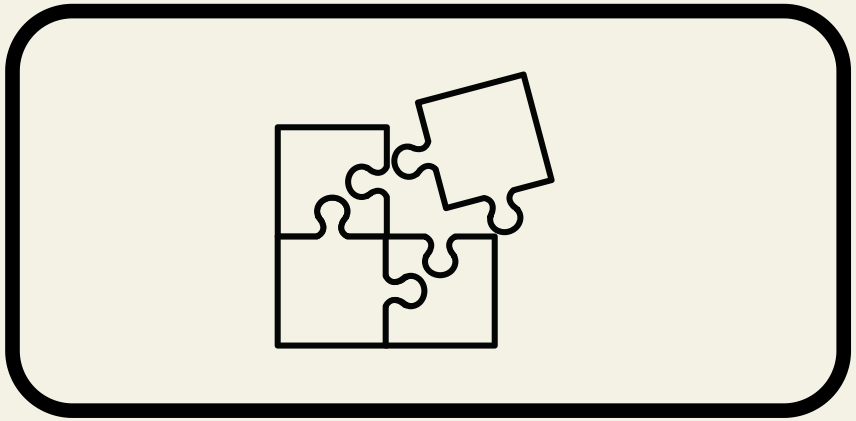
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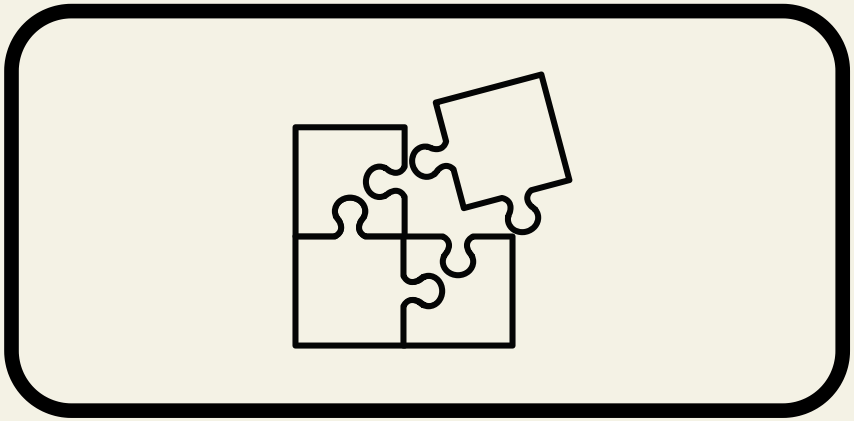










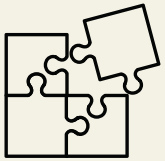


Body sensation cards

Challenge

Drink a glass of water.

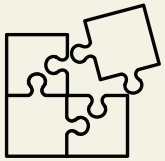
How does your mouth feel after drinking the water?



Challenge

Close your eyes, and take 3 three deep breaths in and out to the count of 5.

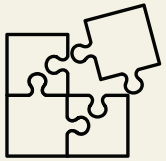
Do you notice anything in your body?



Challenge

Eat a piece of chocolate or any sweet snack.

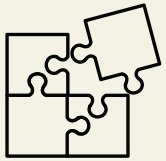
Describe how that feels and what you notice.



Challenge

Find your pulse and count how many beats there are in 10 seconds.

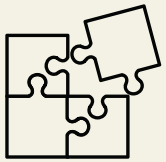
Did you notice if it seemed fast or slow?



Challenge

Push your palms together or push them down onto the table.

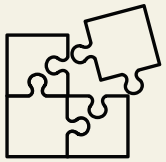
Do you feel any tension releasing? What does it feel like?



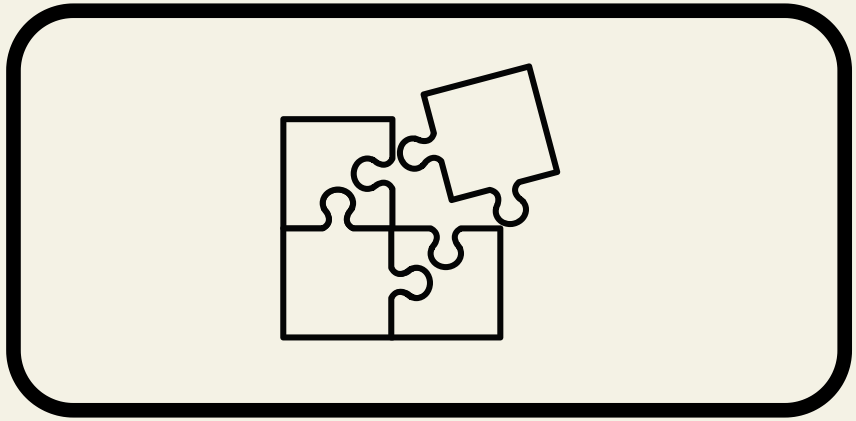
Challenge

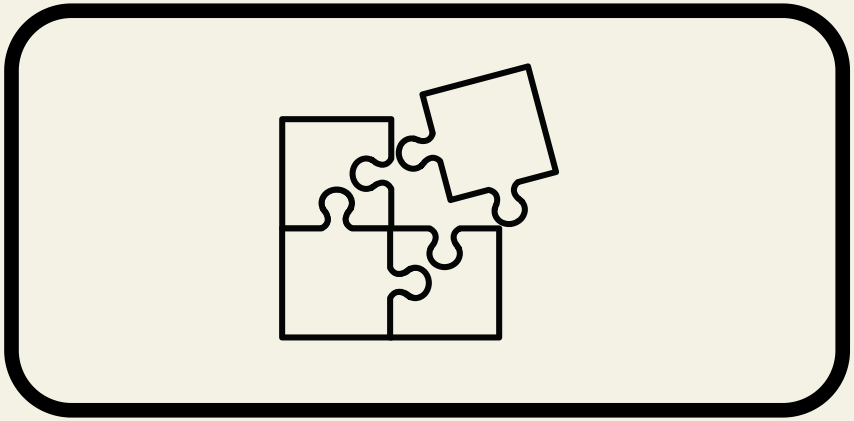
Place one hand on your heart.

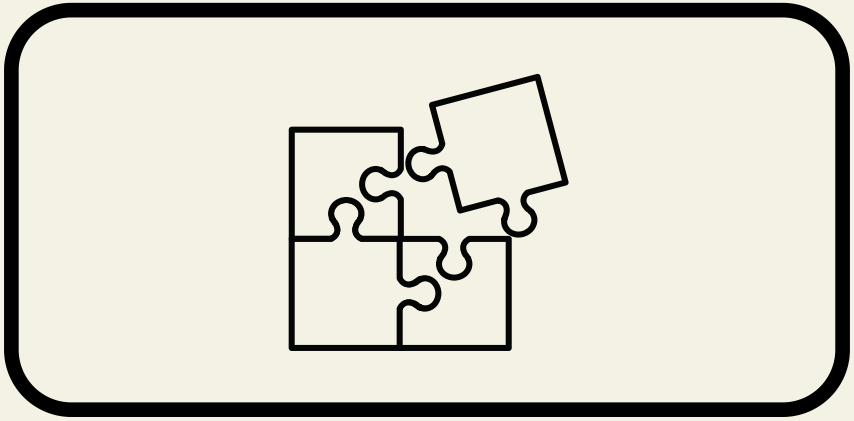
Is it easy or hard to find your heartbeat?

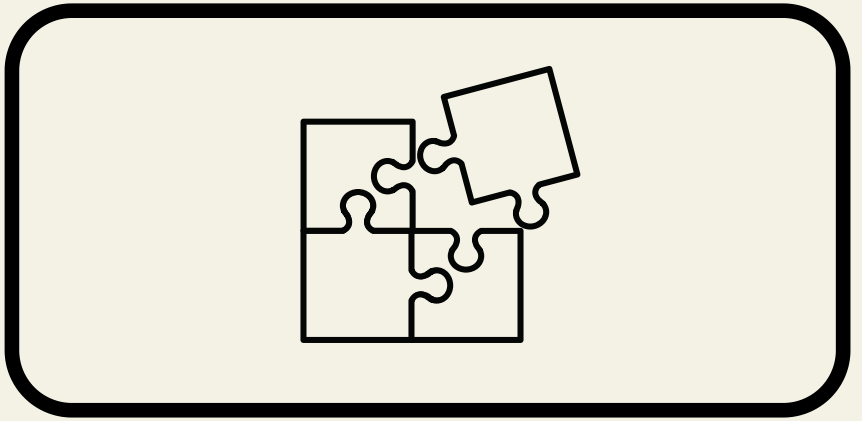


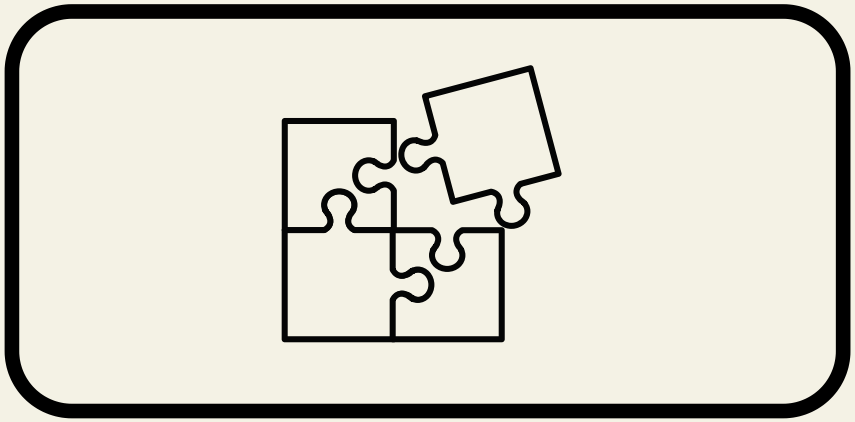
Challenge Cards

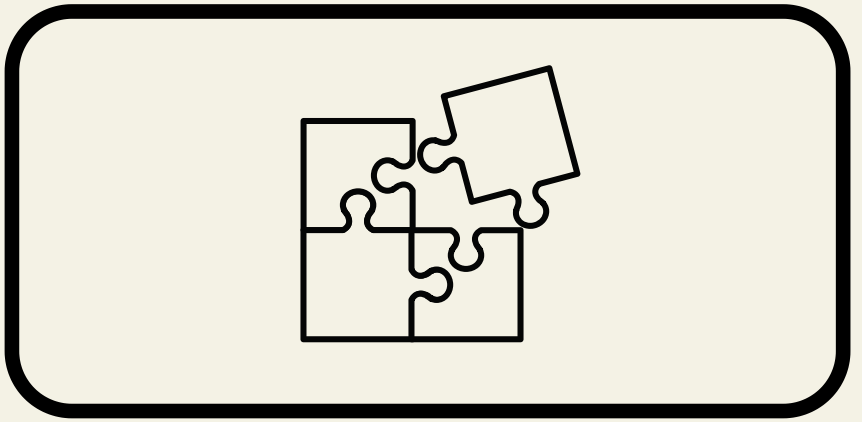










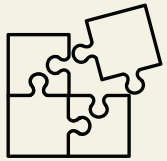


Challenge Cards

Challenge

Place hand on stomach and take a deep breath in and out

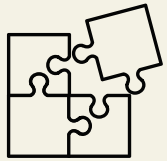
How does your body feel after you do this?



Challenge

Gently brush the tips of your fingers along your forearm 5 times.

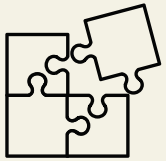
How does your skin react to this sensation?



Challenge

Cover your ears with your whole hands.

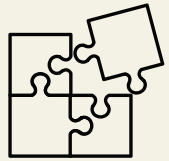
What do you hear or notice? Any sensations, noises or feelings?



Challenge

Hum with your mouth closed for 10 seconds.

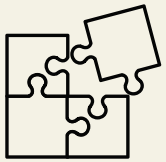
What can you feel?



Challenge

Hold your arms out in front of you and then with one hand gently tap up and down your arm from the hand to your shoulder and then swap arms.

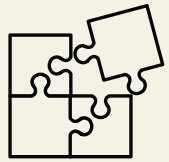
How does this feel in your body?



Challenge

Reach your fingers down to your toes. How far can you reach?

Can you notice any feelings in your body?



Challenge cards

