



Interoceptive Input

and Sensory Processing Disorder

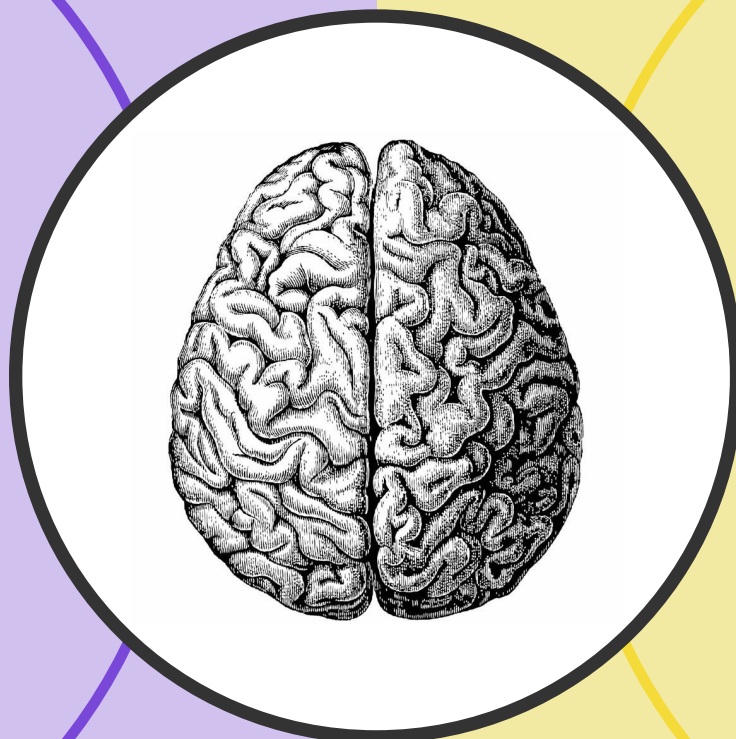
Interoceptive Overresponsivity

Experiences pain in the body with stress and anxiety

Overly aware of digestive discomforts

Frequently visits the nurse's office complaining of discomfort

Often has pain, discomfort, headaches and muscle aches.



Interoceptive Underresponsivity

Has little awareness of their own body in space

Unaware of bowel discomforts and often has accidents

Unaware of digestive discomforts such as hunger or nausea

Does not experience normal pain

Interoceptive Activities

Use hot water bottle for stomach aches

Taking a warm bath

Use ice to treat bruises and scrapes

Eat soup and teas hot or cold

Ask if child needs to go to the bathroom

Watch for serious injuries as child may not feel the pain

Exercise and balancing

Practice breathing activities