

# Interoception is the 8th Sensory System

Outside of the 5 senses, there are an additional 3 that are not as commonly discussed - the **vestibular system**, **proprioceptive system** and the **interoceptive system**



In any given second, we are taking in *sensory data*, both externally and internally.

The interoceptive sense is the perception of those internal sensations.

In SPT, we call the interoceptive system the "*how do we know*" sense. When we think about "how do we know that we have to go to the bathroom? How do we know that we're hungry," etc... it's our **interoceptive sense** that is letting us know!!

So how do we develop our interoceptive sense?... It all starts with mindfully spending time in our bodies

We can start with yoga, meditation, walking, swimming, reading or any activity that allows you to tune into yourself and wake up the senses.



## SPT REMINDER

One way to enhance a child's interoceptive sense is to help them identify the clues that are letting them know how they feel.

*\*How do you know when you're feeling [sad, angry, etc.]?*

*\*What is happening inside your body that is telling you that you're [sad, angry, etc.]?*

