

Interception

Small group session structure

Purpose: The purpose of an Interception cluster group is to identify children/students/young people who have undeveloped Interception awareness and to help develop these skills in a targeted, intensive and individualised program.

How to identify:ndi

Interoception

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<p><u>Optional conclusion:</u></p> <ul style="list-style-type: none"> -Social story -Sensory activity 	<p>5-10 minutes</p>	<p>Social story is created or read based on strategies discussed in their personalised regulation scale. Eg – strategies students can do when they are in learning zone or panic zone.</p>
<p>Interoception activity – before returning back to class.</p>	<p>2 – 5 minutes</p>	<p>Interoception activity of student's choice before returning back to class. Ensuring that students are regulated and ready to be engaged with their learning.</p>

Review: At the end of each term, the interoception cluster group needs to be reviewed.

- [HSP421 Interoception support plan](#) is to be reviewed. How is each student tracking and developing with their interoception awareness?
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