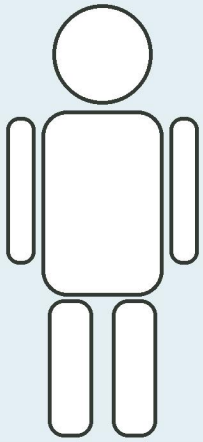
My Body Clues

Interoception is how I notice what is happening inside my body. My body sends clues. I can be a body clue detective.

Name: _____ **Date:** _____

1 Where do I feel it? Draw or color where I notice a clue right now



Head:	heavy, achy, foggy, buzzy
Eyes:	heavy, droopy, wide awake
Throat and mouth:	dry, tight, thirsty
Chest and heart:	fast, pounding, slow, calm
Breathing:	quick, shallow, slow, deep
Tummy:	growly, full, fluttery, sick
Muscles:	tight, shaky, loose, floppy
Hands and skin:	hot, cold, sweaty, tingly
Bladder:	I need the bathroom soon

2 Body clue check Tick one box in each row

My heart	☐ slow	☐ medium	☐ fast
My breathing	☐ slow	☐ medium	☐ fast
My tummy	☐ empty	☐ just right	☐ full
My muscles	☐ loose	☐ a bit tight	☐ very tight
My temperature	☐ cold	☐ just right	☐ hot
My energy	☐ tired	☐ okay	☐ wiggly
My bladder	☐ empty	☐ okay	☐ need to go

3 What could my clue mean? Clues are hints, not rules. Everyone is different.

Growly, empty tummy
I might be hungry

Heavy eyes, yawning
I might be tired

Dry mouth
I might be thirsty

Hot face, tight fists
I might be angry or frustrated

Fluttery tummy
I might be nervous or excited

Wiggly legs
I might need to move

Full, pressing bladder
I need the bathroom

Loose muscles, slow breath
I might feel calm

My own clue: _____

It might mean: _____

When I noticed it: _____

What I did next: _____

Did it help? _____

Original layout by Lotus & Tulip. A body awareness teaching tool, not therapy or a medical check.

Free printable from Lotus & Tulip · lotustulip.com/interoception-activities-for-kids.html

My Body Check-In Plan

Try short activities that make body clues easier to notice, then plan what I can do when a clue shows up.

Name: _____ **Date:** _____

1 Body clue experiments Tick the ones I tried and write what I noticed

Experiment	What I noticed
☐ Jump 20 times, then hand on my chest Notice: heart	
☐ Push hard on a wall for 10 seconds, then stop Notice: muscles	
☐ Squeeze my fists tight, then let go Notice: hands	
☐ Hold an ice cube, then a warm mug Notice: skin	
☐ Hum a song and feel the buzz Notice: throat	
☐ Breathe in through my nose Notice: cool air	
☐ Taste something sour, like lemon Notice: mouth	
☐ Sit very still for 30 seconds Notice: whole body	

2 When I notice a clue, I can... Examples are filled in, change them to fit me

When I feel	Tight muscles	I can	Squeeze and let go 3 times
When I feel	Fast heart	I can	5 slow breaths, long breath out
When I feel	Growly tummy	I can	Ask for a snack or water
When I feel	Wiggly legs	I can	Ask for a movement break
When I feel		I can	

3 My check-in tracker One check-in each school day

Day	Body clue I noticed	What I did	Did it help?
Mon			☐ Yes ☐ A bit ☐ No
Tue			☐ Yes ☐ A bit ☐ No
Wed			☐ Yes ☐ A bit ☐ No
Thu			☐ Yes ☐ A bit ☐ No
Fri			☐ Yes ☐ A bit ☐ No

For counselors, OTs, teachers and parents

1. Keep it playful and short. Model it first: “My heart is beating fast after those jumps.”
2. Offer choices. Some children find body focus uncomfortable (for example after trauma or with anxiety): eyes open, stop any time.
3. Clues are hints. Help each child find their own pattern rather than a right answer.
4. Pain, frequent toileting accidents or eating worries need a check with a pediatrician. An OT can assess sensory needs.

Safety first: in the US, call 911 in an emergency. For crisis support for any age, call or text 988.

Original layout by Lotus & Tulip. A body awareness teaching tool, not therapy or a medical check.

Free printable from Lotus & Tulip · lotustulip.com/interoception-activities-for-kids.html

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Mindfulness Worksheets for Kids and Teens, ages 5 to 18, with read aloud scripts, breathing cards, body scans and an eight session plan

Holiday sale on Etsy until Dec 2: about $9.20, was $12

Get it on Etsy

etsy.com/listing/4607990659 | instant digital download

See every page first: lotustulip.com/mindfulness-worksheets-for-kids-and-teens.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.