

Interoception Scavenger Hunt Bingo

myfreebingocards.com

Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/kk328jp

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/fag> where you will find solutions to most common problems.

Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: mfbc.us/s/kk328jp

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/kk328jp

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Blink eyes fast 10 times - My eyes feel _____	How long can you not blink for - My eyes feel _____	Rub hands together quickly 20 times - My hands feel _____	Shake your hands for 30 seconds - My hands feel _____	Stand on your tippy toes for 30 seconds - My feet feel _____	Walk on your heels for 10 steps - My feet feel _____	Hold your breath - I notice _____ in my _____
Wall sit for as long as you can - My muscles feel _____	Spin in a circle - I feel _____	Run on the spot for 30 seconds - My heart rate is _____	Open your mouth as wide as possible - My jaw feels _____	Give yourself a big hug - I notice _____ in my _____	Curl toes into a ball and hold - My toes and feet feel _____	Count to 10 in a non-sequential order - My brain feels _____
Rub fingers in front of your ears - My ears feel _____	Place hands over your ears - My ears feel _____	Breath through only one nostril - My nose feels _____	Hum - My throat feels _____	Puff cheeks out - My cheeks feel _____	Wall pushes - My muscles feel _____	Sit silently for 1 minute - I notice _____ that I did not notice before
Cold exploration - I noticed _____	Warm exploration - I noticed _____	Stand on one foot for as long as you can. I noticed _____				

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Stand on one foot for as long as you can. I noticed _____	Cold exploration - I noticed _____	Rub fingers in front of your ears - My ears feel _____	Give yourself a big hug - I notice _____ in my _____	Shake your hands for 30 seconds - My hands feel _____
Place hands over your ears - My ears feel _____	Run on the spot for 30 seconds - My heart rate is _____	Stand on your tippy toes for 30 seconds - My feet feel _____	Sit silently for 1 minute - I notice _____ that I did not notice before	Curl toes into a ball and hold - My toes and feet feel _____
Walk on your heels for 10 steps - My feet feel _____	Wall sit for as long as you can - My muscles feel _____	FREE SPACE	Hold your breath - I notice _____ in my _____	Breathe through only one nostril - My nose feels _____
Warm exploration - I noticed _____	Hum - My throat feels _____	Puff cheeks out - My cheeks feel _____	Blink eyes fast 10 times - My eyes feel _____	Open your mouth as wide as possible - My jaw feels _____
How long can you not blink for - My eyes feel _____	Count to 10 in a non-sequential order - My brain feels _____	Rub hands together quickly 20 times - My hands feel _____	Spin in a circle - I feel _____	Wall pushes - My muscles feel _____

Interoception Scavenger Hunt

Stand on your tippy toes for 30 seconds - My feet feel _____	Sit silently for 1 minute - I notice _____ that I did not notice before	Rub hands together quickly 20 times - My hands feel _____	Stand on one foot for as long as you can. I noticed _____	Hum - My throat feels _____
Place hands over your ears - My ears feel _____	Hold your breath - I notice _____ in my _____	Spin in a circle - I feel _____	Walk on your heels for 10 steps - My feet feel _____	Give yourself a big hug - I notice _____ in my _____
Warm exploration - I noticed _____	Open your mouth as wide as possible - My jaw feels _____	FREE SPACE	Count to 10 in a non-sequential order - My brain feels _____	Puff cheeks out - My cheeks feel _____
Breath through only one nostril - My nose feels _____	Curl toes into a ball and hold - My toes and feet feel _____	Cold exploration - I noticed _____	Wall sit for as long as you can - My muscles feel _____	Blink eyes fast 10 times - My eyes feel _____
Shake your hands for 30 seconds - My hands feel _____	How long can you not blink for - My eyes feel _____	Rub fingers in front of your ears - My ears feel _____	Run on the spot for 30 seconds - My heart rate is _____	Wall pushes - My muscles feel _____

Interoception Scavenger Hunt

Spin in a circle - I feel _____	Run on the spot for 30 seconds - My heart rate is _____	Stand on your tippy toes for 30 seconds - My feet feel _____	Open your mouth as wide as possible - My jaw feels _____	Puff cheeks out - My cheeks feel _____
Wall pushes - My muscles feel _____	Give yourself a big hug - I notice _____ in my _____	Hold your breath - I notice _____ in my _____	Rub hands together quickly 20 times - My hands feel _____	Wall sit for as long as you can - My muscles feel _____
Cold exploration - I noticed _____	Stand on one foot for as long as you can. I noticed _____	FREE SPACE	Breath through only one nostril - My nose feels _____	How long can you not blink for - My eyes feel _____
Sit silently for 1 minute - I notice _____ that I did not notice before	Hum - My throat feels _____	Walk on your heels for 10 steps - My feet feel _____	Blink eyes fast 10 times - My eyes feel _____	Warm exploration - I noticed _____
Shake your hands for 30 seconds - My hands feel _____	Rub fingers in front of your ears - My ears feel _____	Place hands over your ears - My ears feel _____	Curl toes into a ball and hold - My toes and feet feel _____	Count to 10 in a non-sequential order - My brain feels _____

Interoception Scavenger Hunt

Wall sit for as long as you can - My muscles feel _____	Rub fingers in front of your ears - My ears feel _____	Walk on your heels for 10 steps - My feet feel _____	Curl toes into a ball and hold - My toes and feet feel _____	Rub hands together quickly 20 times - My hands feel _____
Breath through only one nostril - My nose feels _____	Run on the spot for 30 seconds - My heart rate is _____	Shake your hands for 30 seconds - My hands feel _____	Warm exploration - I noticed _____	Spin in a circle - I feel _____
Hold your breath - I notice _____ in my _____	Stand on one foot for as long as you can. I noticed _____	FREE SPACE	Stand on your tippy toes for 30 seconds - My feet feel _____	Count to 10 in a non-sequential order - My brain feels _____
Open your mouth as wide as possible - My jaw feels _____	Hum - My throat feels _____	Give yourself a big hug - I notice _____ in my _____	Wall pushes - My muscles feel _____	Place hands over your ears - My ears feel _____
Sit silently for 1 minute - I notice _____ that I did not notice before	Cold exploration - I noticed _____	Puff cheeks out - My cheeks feel _____	Blink eyes fast 10 times - My eyes feel _____	How long can you not blink for - My eyes feel _____

Interoception Scavenger Hunt

Rub fingers in front of your ears - My ears feel _____	Curl toes into a ball and hold - My toes and feet feel _____	Wall sit for as long as you can - My muscles feel _____	Hold your breath - I notice _____ in my _____	Blink eyes fast 10 times - My eyes feel _____
Stand on your tippy toes for 30 seconds - My feet feel _____	Hum - My throat feels _____	Sit silently for 1 minute - I notice _____ that I did not notice before	Wall pushes - My muscles feel _____	Breathe through only one nostril - My nose feels _____
Cold exploration - I noticed _____	Warm exploration - I noticed _____	FREE SPACE	Place hands over your ears - My ears feel _____	Puff cheeks out - My cheeks feel _____
Give yourself a big hug - I notice _____ in my _____	Count to 10 in a non-sequential order - My brain feels _____	Open your mouth as wide as possible - My jaw feels _____	Run on the spot for 30 seconds - My heart rate is _____	Stand on one foot for as long as you can. I noticed _____
How long can you not blink for - My eyes feel _____	Walk on your heels for 10 steps - My feet feel _____	Shake your hands for 30 seconds - My hands feel _____	Spin in a circle - I feel _____	Rub hands together quickly 20 times - My hands feel _____

Interoception Scavenger Hunt

Rub fingers in front of your ears - My ears feel _____	Cold exploration - I noticed _____	Stand on one foot for as long as you can. I noticed _____	Count to 10 in a non-sequential order - My brain feels _____	Give yourself a big hug - I notice _____ in my _____
Hold your breath - I notice _____ in my _____	Sit silently for 1 minute - I notice _____ that I did not notice before	Rub hands together quickly 20 times - My hands feel _____	Stand on your tippy toes for 30 seconds - My feet feel _____	Run on the spot for 30 seconds - My heart rate is _____
Blink eyes fast 10 times - My eyes feel _____	Puff cheeks out - My cheeks feel _____	FREE SPACE	Shake your hands for 30 seconds - My hands feel _____	Spin in a circle - I feel _____
Hum - My throat feels _____	Walk on your heels for 10 steps - My feet feel _____	Wall sit for as long as you can - My muscles feel _____	Warm exploration - I noticed _____	Place hands over your ears - My ears feel _____
Open your mouth as wide as possible - My jaw feels _____	Curl toes into a ball and hold - My toes and feet feel _____	Wall pushes - My muscles feel _____	Breath through only one nostril - My nose feels _____	How long can you not blink for - My eyes feel _____

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Warm exploration - I noticed _____	Count to 10 in a non-sequential order - My brain feels _____	Walk on your heels for 10 steps - My feet feel _____	Shake your hands for 30 seconds - My hands feel _____	Stand on your tippy toes for 30 seconds - My feet feel _____
How long can you not blink for - My eyes feel _____	Sit silently for 1 minute - I notice _____ that I did not notice before	Give yourself a big hug - I notice _____ in my _____	Puff cheeks out - My cheeks feel _____	Run on the spot for 30 seconds - My heart rate is _____
Hold your breath - I notice _____ in my _____	Spin in a circle - I feel _____	FREE SPACE	Place hands over your ears - My ears feel _____	Breath through only one nostril - My nose feels _____
Rub fingers in front of your ears - My ears feel _____	Rub hands together quickly 20 times - My hands feel _____	Open your mouth as wide as possible - My jaw feels _____	Blink eyes fast 10 times - My eyes feel _____	Wall sit for as long as you can - My muscles feel _____
Hum - My throat feels _____	Stand on one foot for as long as you can. I noticed _____	Curl toes into a ball and hold - My toes and feet feel _____	Cold exploration - I noticed _____	Wall pushes - My muscles feel _____

Interoception Scavenger Hunt

Warm exploration - I noticed _____	Stand on one foot for as long as you can. I noticed _____	Hum - My throat feels _____	Place hands over your ears - My ears feel _____	Blink eyes fast 10 times - My eyes feel _____
Count to 10 in a non-sequential order - My brain feels _____	Breath through only one nostril - My nose feels _____	Wall sit for as long as you can - My muscles feel _____	Rub fingers in front of your ears - My ears feel _____	Curl toes into a ball and hold - My toes and feet feel _____
Stand on your tippy toes for 30 seconds - My feet feel _____	Spin in a circle - I feel _____	FREE SPACE	Run on the spot for 30 seconds - My heart rate is _____	Hold your breath - I notice _____ in my _____
Cold exploration - I noticed _____	Wall pushes - My muscles feel _____	Give yourself a big hug - I notice _____ in my _____	Shake your hands for 30 seconds - My hands feel _____	Puff cheeks out - My cheeks feel _____
Sit silently for 1 minute - I notice _____ that I did not notice before	Open your mouth as wide as possible - My jaw feels _____	How long can you not blink for - My eyes feel _____	Rub hands together quickly 20 times - My hands feel _____	Walk on your heels for 10 steps - My feet feel _____

Interoception Scavenger Hunt

Hum - My throat feels _____	Open your mouth as wide as possible - My jaw feels _____	Rub hands together quickly 20 times - My hands feel _____	Breath through only one nostril - My nose feels _____	Walk on your heels for 10 steps - My feet feel _____
Rub fingers in front of your ears - My ears feel _____	Curl toes into a ball and hold - My toes and feet feel _____	Give yourself a big hug - I notice _____ in my _____	Puff cheeks out - My cheeks feel _____	Stand on one foot for as long as you can. I noticed _____
Spin in a circle - I feel _____	Run on the spot for 30 seconds - My heart rate is _____	FREE SPACE	Warm exploration - I noticed _____	Hold your breath - I notice _____ in my _____
Sit silently for 1 minute - I notice _____ that I did not notice before	How long can you not blink for - My eyes feel _____	Wall pushes - My muscles feel _____	Shake your hands for 30 seconds - My hands feel _____	Count to 10 in a non-sequential order - My brain feels _____
Place hands over your ears - My ears feel _____	Stand on your tippy toes for 30 seconds - My feet feel _____	Cold exploration - I noticed _____	Blink eyes fast 10 times - My eyes feel _____	Wall sit for as long as you can - My muscles feel _____

Interoception Scavenger Hunt

Shake your hands for 30 seconds - My hands feel _____	Wall sit for as long as you can - My muscles feel _____	Walk on your heels for 10 steps - My feet feel _____	Cold exploration - I noticed _____	Count to 10 in a non-sequential order - My brain feels _____
Sit silently for 1 minute - I notice _____ that I did not notice before	How long can you not blink for - My eyes feel _____	Hold your breath - I notice _____ in my _____	Breath through only one nostril - My nose feels _____	Blink eyes fast 10 times - My eyes feel _____
Rub hands together quickly 20 times - My hands feel _____	Stand on your tippy toes for 30 seconds - My feet feel _____	FREE SPACE	Open your mouth as wide as possible - My jaw feels _____	Stand on one foot for as long as you can. I noticed _____
Rub fingers in front of your ears - My ears feel _____	Warm exploration - I noticed _____	Puff cheeks out - My cheeks feel _____	Wall pushes - My muscles feel _____	Curl toes into a ball and hold - My toes and feet feel _____
Spin in a circle - I feel _____	Place hands over your ears - My ears feel _____	Hum - My throat feels _____	Give yourself a big hug - I notice _____ in my _____	Run on the spot for 30 seconds - My heart rate is _____

Interoception Scavenger Hunt

Cold exploration - I noticed _____	Wall pushes - My muscles feel _____	Breath through only one nostril - My nose feels _____	Stand on one foot for as long as you can. I noticed _____	Give yourself a big hug - I notice _____ in my _____
Run on the spot for 30 seconds - My heart rate is _____	Hum - My throat feels _____	Rub fingers in front of your ears - My ears feel _____	Stand on your tippy toes for 30 seconds - My feet feel _____	How long can you not blink for - My eyes feel _____
Rub hands together quickly 20 times - My hands feel _____	Shake your hands for 30 seconds - My hands feel _____	FREE SPACE	Warm exploration - I noticed _____	Puff cheeks out - My cheeks feel _____
Sit silently for 1 minute - I notice _____ that I did not notice before	Spin in a circle - I feel _____	Walk on your heels for 10 steps - My feet feel _____	Count to 10 in a non-sequential order - My brain feels _____	Wall sit for as long as you can - My muscles feel _____
Blink eyes fast 10 times - My eyes feel _____	Hold your breath - I notice _____ in my _____	Curl toes into a ball and hold - My toes and feet feel _____	Place hands over your ears - My ears feel _____	Open your mouth as wide as possible - My jaw feels _____

Interoception Scavenger Hunt

Run on the spot for 30 seconds - My heart rate is _____	How long can you not blink for - My eyes feel _____	Sit silently for 1 minute - I notice _____ that I did not notice before	Cold exploration - I noticed _____	Hold your breath - I notice _____ in my _____
Open your mouth as wide as possible - My jaw feels _____	Rub hands together quickly 20 times - My hands feel _____	Place hands over your ears - My ears feel _____	Wall pushes - My muscles feel _____	Give yourself a big hug - I notice _____ in my _____
Puff cheeks out - My cheeks feel _____	Stand on your tippy toes for 30 seconds - My feet feel _____	FREE SPACE	Breath through only one nostril - My nose feels _____	Warm exploration - I noticed _____
Rub fingers in front of your ears - My ears feel _____	Stand on one foot for as long as you can. I noticed _____	Wall sit for as long as you can - My muscles feel _____	Hum - My throat feels _____	Count to 10 in a non-sequential order - My brain feels _____
Blink eyes fast 10 times - My eyes feel _____	Spin in a circle - I feel _____	Shake your hands for 30 seconds - My hands feel _____	Curl toes into a ball and hold - My toes and feet feel _____	Walk on your heels for 10 steps - My feet feel _____

Interoception Scavenger Hunt

Stand on your tippy toes for 30 seconds - My feet feel _____	Hum - My throat feels _____	Curl toes into a ball and hold - My toes and feet feel _____	Open your mouth as wide as possible - My jaw feels _____	Rub hands together quickly 20 times - My hands feel _____
Count to 10 in a non-sequential order - My brain feels _____	Give yourself a big hug - I notice _____ in my _____	Warm exploration - I noticed _____	Run on the spot for 30 seconds - My heart rate is _____	Walk on your heels for 10 steps - My feet feel _____
Stand on one foot for as long as you can. I noticed _____	Sit silently for 1 minute - I notice _____ that I did not notice before	FREE SPACE	Hold your breath - I notice _____ in my _____	How long can you not blink for - My eyes feel _____
Blink eyes fast 10 times - My eyes feel _____	Shake your hands for 30 seconds - My hands feel _____	Breath through only one nostril - My nose feels _____	Place hands over your ears - My ears feel _____	Cold exploration - I noticed _____
Wall sit for as long as you can - My muscles feel _____	Puff cheeks out - My cheeks feel _____	Rub fingers in front of your ears - My ears feel _____	Wall pushes - My muscles feel _____	Spin in a circle - I feel _____

Interoception Scavenger Hunt

Open your mouth as wide as possible - My jaw feels _____	Curl toes into a ball and hold - My toes and feet feel _____	Puff cheeks out - My cheeks feel _____	Rub hands together quickly 20 times - My hands feel _____	Count to 10 in a non-sequential order - My brain feels _____
Stand on your tippy toes for 30 seconds - My feet feel _____	Spin in a circle - I feel _____	Place hands over your ears - My ears feel _____	Run on the spot for 30 seconds - My heart rate is _____	Hold your breath - I notice _____ in my _____
Wall pushes - My muscles feel _____	Blink eyes fast 10 times - My eyes feel _____	FREE SPACE	Sit silently for 1 minute - I notice _____ that I did not notice before	Rub fingers in front of your ears - My ears feel _____
Shake your hands for 30 seconds - My hands feel _____	Breathe through only one nostril - My nose feels _____	Wall sit for as long as you can - My muscles feel _____	Give yourself a big hug - I notice _____ in my _____	Walk on your heels for 10 steps - My feet feel _____
Stand on one foot for as long as you can. I noticed _____	Warm exploration - I noticed _____	Hum - My throat feels _____	How long can you not blink for - My eyes feel _____	Cold exploration - I noticed _____

Interoception Scavenger Hunt

How long can you not blink for - My eyes feel _____	Hum - My throat feels _____	Rub fingers in front of your ears - My ears feel _____	Sit silently for 1 minute - I notice _____ that I did not notice before	Cold exploration - I noticed _____
Spin in a circle - I feel _____	Wall sit for as long as you can - My muscles feel _____	Rub hands together quickly 20 times - My hands feel _____	Give yourself a big hug - I notice _____ in my _____	Breath through only one nostril - My nose feels _____
Run on the spot for 30 seconds - My heart rate is _____	Curl toes into a ball and hold - My toes and feet feel _____	FREE SPACE	Walk on your heels for 10 steps - My feet feel _____	Stand on your tippy toes for 30 seconds - My feet feel _____
Place hands over your ears - My ears feel _____	Stand on one foot for as long as you can. I noticed _____	Warm exploration - I noticed _____	Hold your breath - I notice _____ in my _____	Blink eyes fast 10 times - My eyes feel _____
Wall pushes - My muscles feel _____	Count to 10 in a non-sequential order - My brain feels _____	Shake your hands for 30 seconds - My hands feel _____	Puff cheeks out - My cheeks feel _____	Open your mouth as wide as possible - My jaw feels _____

Interoception Scavenger Hunt

Run on the spot for 30 seconds - My heart rate is _____	Puff cheeks out - My cheeks feel _____	Breathe through only one nostril - My nose feels _____	Warm exploration - I noticed _____	Hold your breath - I notice _____ in my _____
Wall sit for as long as you can - My muscles feel _____	Wall pushes - My muscles feel _____	Stand on your tippy toes for 30 seconds - My feet feel _____	Rub hands together quickly 20 times - My hands feel _____	Spin in a circle - I feel _____
Shake your hands for 30 seconds - My hands feel _____	Blink eyes fast 10 times - My eyes feel _____	FREE SPACE	Rub fingers in front of your ears - My ears feel _____	Open your mouth as wide as possible - My jaw feels _____
Sit silently for 1 minute - I notice _____ that I did not notice before	Stand on one foot for as long as you can. I noticed _____	Place hands over your ears - My ears feel _____	Hum - My throat feels _____	Walk on your heels for 10 steps - My feet feel _____
Curl toes into a ball and hold - My toes and feet feel _____	How long can you not blink for - My eyes feel _____	Cold exploration - I noticed _____	Give yourself a big hug - I notice _____ in my _____	Count to 10 in a non-sequential order - My brain feels _____

Interoception Scavenger Hunt

Rub fingers in front of your ears - My ears feel _____	Run on the spot for 30 seconds - My heart rate is _____	Give yourself a big hug - I notice _____ in my _____	Warm exploration - I noticed _____	Curl toes into a ball and hold - My toes and feet feel _____
Walk on your heels for 10 steps - My feet feel _____	Cold exploration - I noticed _____	How long can you not blink for - My eyes feel _____	Open your mouth as wide as possible - My jaw feels _____	Hum - My throat feels _____
Rub hands together quickly 20 times - My hands feel _____	Blink eyes fast 10 times - My eyes feel _____	FREE SPACE	Place hands over your ears - My ears feel _____	Puff cheeks out - My cheeks feel _____
Sit silently for 1 minute - I notice _____ that I did not notice before	Count to 10 in a non-sequential order - My brain feels _____	Wall pushes - My muscles feel _____	Shake your hands for 30 seconds - My hands feel _____	Spin in a circle - I feel _____
Stand on one foot for as long as you can. I noticed _____	Wall sit for as long as you can - My muscles feel _____	Breath through only one nostril - My nose feels _____	Stand on your tippy toes for 30 seconds - My feet feel _____	Hold your breath - I notice _____ in my _____

Interoception Scavenger Hunt

Puff cheeks out - My cheeks feel _____	Cold exploration - I noticed _____	Blink eyes fast 10 times - My eyes feel _____	Curl toes into a ball and hold - My toes and feet feel _____	Stand on your tippy toes for 30 seconds - My feet feel _____
Rub hands together quickly 20 times - My hands feel _____	Stand on one foot for as long as you can. I noticed _____	Run on the spot for 30 seconds - My heart rate is _____	Shake your hands for 30 seconds - My hands feel _____	Spin in a circle - I feel _____
Wall sit for as long as you can - My muscles feel _____	Rub fingers in front of your ears - My ears feel _____	FREE SPACE	Place hands over your ears - My ears feel _____	Open your mouth as wide as possible - My jaw feels _____
Hum - My throat feels _____	Walk on your heels for 10 steps - My feet feel _____	Hold your breath - I notice _____ in my _____	How long can you not blink for - My eyes feel _____	Give yourself a big hug - I notice _____ in my _____
Count to 10 in a non-sequential order - My brain feels _____	Breath through only one nostril - My nose feels _____	Sit silently for 1 minute - I notice _____ that I did not notice before	Wall pushes - My muscles feel _____	Warm exploration - I noticed _____

Interoception Scavenger Hunt

Hold your breath - I notice _____ in my _____	Place hands over your ears - My ears feel _____	Open your mouth as wide as possible - My jaw feels _____	Count to 10 in a non-sequential order - My brain feels _____	Puff cheeks out - My cheeks feel _____
Hum - My throat feels _____	Curl toes into a ball and hold - My toes and feet feel _____	Shake your hands for 30 seconds - My hands feel _____	Rub hands together quickly 20 times - My hands feel _____	Spin in a circle - I feel _____
Stand on one foot for as long as you can. I noticed _____	Warm exploration - I noticed _____	FREE SPACE	Give yourself a big hug - I notice _____ in my _____	Walk on your heels for 10 steps - My feet feel _____
Sit silently for 1 minute - I notice _____ that I did not notice before	How long can you not blink for - My eyes feel _____	Breath through only one nostril - My nose feels _____	Stand on your tippy toes for 30 seconds - My feet feel _____	Blink eyes fast 10 times - My eyes feel _____
Rub fingers in front of your ears - My ears feel _____	Wall pushes - My muscles feel _____	Run on the spot for 30 seconds - My heart rate is _____	Wall sit for as long as you can - My muscles feel _____	Cold exploration - I noticed _____

Interoception Scavenger Hunt

Rub hands together quickly 20 times - My hands feel _____	Walk on your heels for 10 steps - My feet feel _____	Hold your breath - I notice _____ in my _____	Run on the spot for 30 seconds - My heart rate is _____	Blink eyes fast 10 times - My eyes feel _____
Sit silently for 1 minute - I notice _____ that I did not notice before	Shake your hands for 30 seconds - My hands feel _____	How long can you not blink for - My eyes feel _____	Rub fingers in front of your ears - My ears feel _____	Cold exploration - I noticed _____
Wall pushes - My muscles feel _____	Place hands over your ears - My ears feel _____	FREE SPACE	Puff cheeks out - My cheeks feel _____	Hum - My throat feels _____
Stand on your tippy toes for 30 seconds - My feet feel _____	Count to 10 in a non-sequential order - My brain feels _____	Wall sit for as long as you can - My muscles feel _____	Warm exploration - I noticed _____	Spin in a circle - I feel _____
Breath through only one nostril - My nose feels _____	Give yourself a big hug - I notice _____ in my _____	Curl toes into a ball and hold - My toes and feet feel _____	Open your mouth as wide as possible - My jaw feels _____	Stand on one foot for as long as you can. I noticed _____

Interoception Scavenger Hunt

Walk on your heels for 10 steps - My feet feel _____	Shake your hands for 30 seconds - My hands feel _____	How long can you not blink for - My eyes feel _____	Run on the spot for 30 seconds - My heart rate is _____	Stand on one foot for as long as you can. I noticed _____
Spin in a circle - I feel _____	Rub fingers in front of your ears - My ears feel _____	Wall sit for as long as you can - My muscles feel _____	Breath through only one nostril - My nose feels _____	Curl toes into a ball and hold - My toes and feet feel _____
Count to 10 in a non-sequential order - My brain feels _____	Give yourself a big hug - I notice _____ in my _____	FREE SPACE	Warm exploration - I noticed _____	Open your mouth as wide as possible - My jaw feels _____
Sit silently for 1 minute - I notice _____ that I did not notice before	Stand on your tippy toes for 30 seconds - My feet feel _____	Blink eyes fast 10 times - My eyes feel _____	Rub hands together quickly 20 times - My hands feel _____	Puff cheeks out - My cheeks feel _____
Hold your breath - I notice _____ in my _____	Cold exploration - I noticed _____	Place hands over your ears - My ears feel _____	Wall pushes - My muscles feel _____	Hum - My throat feels _____

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Puff cheeks out - My cheeks feel _____	Blink eyes fast 10 times - My eyes feel _____	Curl toes into a ball and hold - My toes and feet feel _____	Open your mouth as wide as possible - My jaw feels _____	Shake your hands for 30 seconds - My hands feel _____
Rub fingers in front of your ears - My ears feel _____	Sit silently for 1 minute - I notice _____ that I did not notice before	Cold exploration - I noticed _____	Breath through only one nostril - My nose feels _____	Stand on your tippy toes for 30 seconds - My feet feel _____
Warm exploration - I noticed _____	Hum - My throat feels _____	FREE SPACE	Place hands over your ears - My ears feel _____	Stand on one foot for as long as you can. I noticed _____
Wall pushes - My muscles feel _____	Count to 10 in a non-sequential order - My brain feels _____	Rub hands together quickly 20 times - My hands feel _____	Walk on your heels for 10 steps - My feet feel _____	How long can you not blink for - My eyes feel _____
Give yourself a big hug - I notice _____ in my _____	Wall sit for as long as you can - My muscles feel _____	Spin in a circle - I feel _____	Run on the spot for 30 seconds - My heart rate is _____	Hold your breath - I notice _____ in my _____

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Place hands over your ears - My ears feel _____	Open your mouth as wide as possible - My jaw feels _____	Blink eyes fast 10 times - My eyes feel _____	Count to 10 in a non-sequential order - My brain feels _____	Sit silently for 1 minute - I notice _____ that I did not notice before
Walk on your heels for 10 steps - My feet feel _____	Spin in a circle - I feel _____	Warm exploration - I noticed _____	Hum - My throat feels _____	Stand on your tippy toes for 30 seconds - My feet feel _____
Wall sit for as long as you can - My muscles feel _____	Puff cheeks out - My cheeks feel _____	FREE SPACE	How long can you not blink for - My eyes feel _____	Hold your breath - I notice _____ in my _____
Rub hands together quickly 20 times - My hands feel _____	Wall pushes - My muscles feel _____	Shake your hands for 30 seconds - My hands feel _____	Run on the spot for 30 seconds - My heart rate is _____	Curl toes into a ball and hold - My toes and feet feel _____
Give yourself a big hug - I notice _____ in my _____	Breath through only one nostril - My nose feels _____	Stand on one foot for as long as you can. I noticed _____	Cold exploration - I noticed _____	Rub fingers in front of your ears - My ears feel _____

Interoception Scavenger Hunt

Hold your breath - I notice _____ in my _____	Wall pushes - My muscles feel _____	Spin in a circle - I feel _____	Cold exploration - I noticed _____	Shake your hands for 30 seconds - My hands feel _____
Place hands over your ears - My ears feel _____	Run on the spot for 30 seconds - My heart rate is _____	Rub fingers in front of your ears - My ears feel _____	Wall sit for as long as you can - My muscles feel _____	Curl toes into a ball and hold - My toes and feet feel _____
How long can you not blink for - My eyes feel _____	Rub hands together quickly 20 times - My hands feel _____	FREE SPACE	Hum - My throat feels _____	Puff cheeks out - My cheeks feel _____
Sit silently for 1 minute - I notice _____ that I did not notice before	Blink eyes fast 10 times - My eyes feel _____	Count to 10 in a non-sequential order - My brain feels _____	Open your mouth as wide as possible - My jaw feels _____	Give yourself a big hug - I notice _____ in my _____
Stand on one foot for as long as you can. I noticed _____	Walk on your heels for 10 steps - My feet feel _____	Breath through only one nostril - My nose feels _____	Stand on your tippy toes for 30 seconds - My feet feel _____	Warm exploration - I noticed _____

Interoception Scavenger Hunt

Rub hands together quickly 20 times - My hands feel _____	Spin in a circle - I feel _____	Wall sit for as long as you can - My muscles feel _____	Curl toes into a ball and hold - My toes and feet feel _____	Count to 10 in a non-sequential order - My brain feels _____
Puff cheeks out - My cheeks feel _____	Hum - My throat feels _____	Blink eyes fast 10 times - My eyes feel _____	Open your mouth as wide as possible - My jaw feels _____	Warm exploration - I noticed _____
Place hands over your ears - My ears feel _____	Run on the spot for 30 seconds - My heart rate is _____	FREE SPACE	Cold exploration - I noticed _____	Walk on your heels for 10 steps - My feet feel _____
Stand on your tippy toes for 30 seconds - My feet feel _____	Wall pushes - My muscles feel _____	Give yourself a big hug - I notice _____ in my _____	Stand on one foot for as long as you can. I noticed _____	How long can you not blink for - My eyes feel _____
Shake your hands for 30 seconds - My hands feel _____	Rub fingers in front of your ears - My ears feel _____	Breathe through only one nostril - My nose feels _____	Hold your breath - I notice _____ in my _____	Sit silently for 1 minute - I notice _____ that I did not notice before

Interoception Scavenger Hunt

Blink eyes fast 10 times - My eyes feel _____	How long can you not blink for - My eyes feel _____	Open your mouth as wide as possible - My jaw feels _____	Stand on your tippy toes for 30 seconds - My feet feel _____	Hold your breath - I notice _____ in my _____
Breath through only one nostril - My nose feels _____	Puff cheeks out - My cheeks feel _____	Warm exploration - I noticed _____	Walk on your heels for 10 steps - My feet feel _____	Place hands over your ears - My ears feel _____
Curl toes into a ball and hold - My toes and feet feel _____	Sit silently for 1 minute - I notice _____ that I did not notice before	FREE SPACE	Count to 10 in a non-sequential order - My brain feels _____	Rub fingers in front of your ears - My ears feel _____
Shake your hands for 30 seconds - My hands feel _____	Spin in a circle - I feel _____	Wall pushes - My muscles feel _____	Rub hands together quickly 20 times - My hands feel _____	Run on the spot for 30 seconds - My heart rate is _____
Stand on one foot for as long as you can. I noticed _____	Hum - My throat feels _____	Cold exploration - I noticed _____	Give yourself a big hug - I notice _____ in my _____	Wall sit for as long as you can - My muscles feel _____

Interoception Scavenger Hunt

Warm exploration - I noticed _____	How long can you not blink for - My eyes feel _____	Rub fingers in front of your ears - My ears feel _____	Rub hands together quickly 20 times - My hands feel _____	Wall sit for as long as you can - My muscles feel _____
Breath through only one nostril - My nose feels _____	Walk on your heels for 10 steps - My feet feel _____	Blink eyes fast 10 times - My eyes feel _____	Curl toes into a ball and hold - My toes and feet feel _____	Wall pushes - My muscles feel _____
Puff cheeks out - My cheeks feel _____	Spin in a circle - I feel _____	FREE SPACE	Count to 10 in a non-sequential order - My brain feels _____	Hum - My throat feels _____
Stand on one foot for as long as you can. I noticed _____	Run on the spot for 30 seconds - My heart rate is _____	Shake your hands for 30 seconds - My hands feel _____	Open your mouth as wide as possible - My jaw feels _____	Place hands over your ears - My ears feel _____
Cold exploration - I noticed _____	Sit silently for 1 minute - I notice _____ that I did not notice before	Stand on your tippy toes for 30 seconds - My feet feel _____	Hold your breath - I notice _____ in my _____	Give yourself a big hug - I notice _____ in my _____

Interoception Scavenger Hunt

Warm exploration - I noticed _____	Place hands over your ears - My ears feel _____	Stand on one foot for as long as you can. I noticed _____	Hold your breath - I notice _____ in my _____	Sit silently for 1 minute - I notice _____ that I did not notice before
Wall sit for as long as you can - My muscles feel _____	Wall pushes - My muscles feel _____	Walk on your heels for 10 steps - My feet feel _____	Blink eyes fast 10 times - My eyes feel _____	Spin in a circle - I feel _____
Run on the spot for 30 seconds - My heart rate is _____	Stand on your tippy toes for 30 seconds - My feet feel _____	FREE SPACE	Count to 10 in a non-sequential order - My brain feels _____	Open your mouth as wide as possible - My jaw feels _____
Hum - My throat feels _____	Curl toes into a ball and hold - My toes and feet feel _____	Cold exploration - I noticed _____	Rub hands together quickly 20 times - My hands feel _____	How long can you not blink for - My eyes feel _____
Give yourself a big hug - I notice _____ in my _____	Puff cheeks out - My cheeks feel _____	Breath through only one nostril - My nose feels _____	Shake your hands for 30 seconds - My hands feel _____	Rub fingers in front of your ears - My ears feel _____

Interoception Scavenger Hunt

Place hands over your ears - My ears feel _____	Cold exploration - I noticed _____	Wall pushes - My muscles feel _____	Blink eyes fast 10 times - My eyes feel _____	Curl toes into a ball and hold - My toes and feet feel _____
How long can you not blink for - My eyes feel _____	Breath through only one nostril - My nose feels _____	Count to 10 in a non-sequential order - My brain feels _____	Puff cheeks out - My cheeks feel _____	Rub hands together quickly 20 times - My hands feel _____
Hum - My throat feels _____	Run on the spot for 30 seconds - My heart rate is _____	FREE SPACE	Wall sit for as long as you can - My muscles feel _____	Spin in a circle - I feel _____
Hold your breath - I notice _____ in my _____	Stand on your tippy toes for 30 seconds - My feet feel _____	Walk on your heels for 10 steps - My feet feel _____	Warm exploration - I noticed _____	Give yourself a big hug - I notice _____ in my _____
Sit silently for 1 minute - I notice _____ that I did not notice before	Shake your hands for 30 seconds - My hands feel _____	Stand on one foot for as long as you can. I noticed _____	Open your mouth as wide as possible - My jaw feels _____	Rub fingers in front of your ears - My ears feel _____

Interoception Scavenger Hunt

Shake your hands for 30 seconds - My hands feel _____	How long can you not blink for - My eyes feel _____	Breathe through only one nostril - My nose feels _____	Hold your breath - I notice _____ in my _____	Wall sit for as long as you can - My muscles feel _____
Walk on your heels for 10 steps - My feet feel _____	Give yourself a big hug - I notice _____ in my _____	Run on the spot for 30 seconds - My heart rate is _____	Warm exploration - I noticed _____	Place hands over your ears - My ears feel _____
Stand on one foot for as long as you can. I noticed _____	Rub hands together quickly 20 times - My hands feel _____	FREE SPACE	Rub fingers in front of your ears - My ears feel _____	Curl toes into a ball and hold - My toes and feet feel _____
Cold exploration - I noticed _____	Puff cheeks out - My cheeks feel _____	Stand on your tippy toes for 30 seconds - My feet feel _____	Spin in a circle - I feel _____	Open your mouth as wide as possible - My jaw feels _____
Count to 10 in a non-sequential order - My brain feels _____	Wall pushes - My muscles feel _____	Blink eyes fast 10 times - My eyes feel _____	Sit silently for 1 minute - I notice _____ that I did not notice before	Hum - My throat feels _____