

Developing interoception - a pathway to engagement and achievement?

When autistic students struggle to recognize the internal body signals that would alert them to their emotional state it can be impossible for them to self-regulate. Resulting behaviours of concern can interfere with learning and impact on teacher's attempts to engage these students. An interoception programme being trialled in South Australia is indicating that specifically teaching interoception skills to autistic students can positively impact on engagement and achievement in the classroom. This presentation will give a brief overview of interoception and its role in emotional cognition, expression and regulation and then provide a few concrete examples for teachers and families to take away and trial with their students and children.