

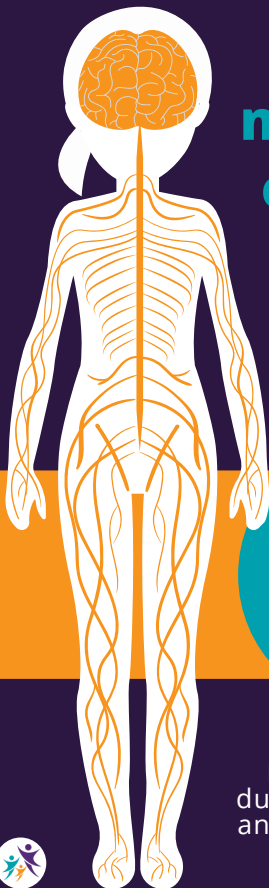
# How are *everyday* moments impacted by our sensory systems?

Flip this card over and check in with your body about **how** you are feeling.



*Did you know that our internal senses, also known as interoception, are highly linked to our emotions?*

Make sure to complete your card during one of the learning sessions and bring it back to the booth for a ***chance to win a prize!***



# Checking In



How are **you** feeling?

How are your sensations, experiences and feelings **impacting** your participation at the conference?

## MENTAL HEALTH

List 2 feelings you experienced during the session.

1

2



Check out this feelings chart!

What are different senses we feel?

## SENSORY HEALTH

List 2 internal sensations you felt during the session.

1

2

