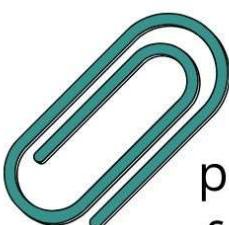


Feeling temperature

Interoception activity



Place a paper clip
in a freezer bag
for a couple of hours.
Leave another paper clip
out of the freezer



Hold the room temperature
paper clip, notice how it feels.
Now in the other hand hold the
paperclip from the freezer. does this
feel different to the other one. How
does it make your body feel?



**Record any clues from
your body here:**