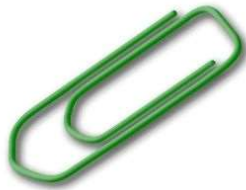


# Feeling temperature

## 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:**