

Interoception – Stage 1 My Body						
		Emerging	Gaining	Mastered	Generalised	Comment
1	Hands and Fingers					
2	Feet and Toes					
3	Mouth					
4	Eyes					
5	Ears					
6	Nose					
7	Voice					
8	Cheeks					
9	Skin					
10	Muscle					
11	Lungs					
12	Heart					
13	Brain and Head					
14	Stomach					
15	Bladder					
16	Body Scan Map					

Interoception – Stage 2 My Emotions						
		Emerging	Gaining	Mastered	Generalised	Comment
17	I can link body clues to emotions					
18	I can identify the body changes for named emotions.					
19	I can identify the cause of changes in my body signals.					
20	I can scale body changes linked to emotions.					

Interoception – Stage 3 My Actions						
		Emerging	Gaining	Mastered	Generalised	Comment
21	I can identify feelings linked to different body parts in the moment.					
22	I can change the way my body feels.					
23	I can change the way my body feels when it is uncomfortable.					
24	I can use a feel good menu.					
25	I can practice making my body feel good.					

Zones of Regulation – Stage 1 Exploring the Zones						
		Emerging	Gaining	Mastered	Generalised	Comment
1	Introduce Zones of Regulation					
2	Explore Green Zone					
3	Explore Blue Zone					
4	Explore Yellow Zone					
5	Explore Red Zone					
6	Know Your Zones					
Zones of Regulation – Stage 2 Zones and My Tools						
		Emerging	Gaining	Mastered	Generalised	Comment
7	Introduce Zones of Regulation					
8	Categorise Emotions into Zones					
9	Expected vs Unexpected Behaviours					
10	Identify Feelings in Others					
11	The Zones in Me					
12	Me in My Zones					
13	Explore Sensory Support Tools					
14	Explore Tools for Calming					
15	Explore Tools for Thinking					
16	My Toolkit					