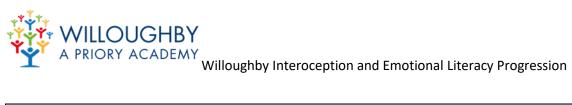


WILLOUGHBY A PRIORY ACADEMY Willoughby Interoception and Emotional Literacy Progression							
Interoce	Interoception – Stage 1 My Body Emerging Gaining Mastered Generalised Commont						
		Lineignig	Guilling	Wastered	Generalisea	Comment	
1	Hands and Fingers						
2	Feet and Toes						
3	Mouth						
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.					

Interoce	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	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 Z						
		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						
	<u> </u>						
12	Me in My Zones						
40	5 1 6						
13	Explore Sensory						
4.4	Support Tools						
14	Explore Tools for						
4.5	Calming						
15	Explore Tools for						
4.6	Thinking						
16	My Toolkit						
		1		1			