Time-Ordered Agenda for

Interoception and Social Emotional Learning:
The Missing Link Between Body Awareness, Emotions, and Regulation

Instructor: Kim Wiggins, OTR/L

Time (Minutes)	OT-Specific Content to be Covered	Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)
5	Introduction and Brief Interoception Review	Lecture, discussion
15	From Body Signals to Emotional Awareness	Lecture, visual demonstration, audience participation
15	Brain, Body, and Emotion: Understanding the Connection	Lecture, evidence review, visual demonstration
20	Clinical Application: Anxiety, ADHD, Autism, Trauma, Escalation, and Shutdown	Lecture, evidence review, clinical examples, discussion
10	Social Participation and Clinical Reasoning	Case studies, discussion, problem solving
20	Building Body-to-Emotion Awareness	Lecture, demonstration, guided reflection, interactive activity
15	From Body Awareness to Regulation Choices	Demonstration, experiential activity, practical application
15	Embedding Interoception into SEL and School Routines	Lecture, practical application, classroom examples, discussion
5	Collaboration, MTSS, Push-In, and Resources	Lecture, discussion
120	**TOTAL RUN TIME**	