

BODY AWARENESS

A child with limited body awareness can be unaware of the relationship of one part of his body to another, or of himself to his environment. Movements may appear impulsive, unplanned, disorganized and s/he may tend to bump into other peers or objects in their path.

- ❖ **Everyday activities at home** – Bath time, washing and drying provides visual and tactile input regarding body parts. Dressing independently as much as possible. Water / Sand play. Play ground e.g. monkey bars
- ❖ Singing / movement games – e.g. “Head, shoulders, Knees and toes”
- ❖ Identify / Name body parts. “This is my elbow, can you point to your elbow” / “shut your eyes, is your elbow bent or straight”
- ❖ “Simon Says” , Get your child to imitate different body postures you make.
- ❖ “Snow Angels” ask the child to lie on the floor and move right leg/left leg/right arm/ left arm, right arm and left leg etc.
- ❖ Draw around your child on a large sheet of paper. “Now you draw the eyes/nose etc.” Discuss size of outline, sizes of body parts.
- ❖ With the child’s eyes open touch different body parts and ask him to name them. Try this with his/her eyes closed to help him recognize through touch the body part which he feels the pressure.
- ❖ Finger painting
- ❖ Use different body parts to push a ball, e.g. “push the ball with your elbow”, “push the ball with your right hand” etc.
- ❖ Ball games – catch / throw/ bounce, start with large ball and then decrease size as skills improve. Use different body parts to push the ball e.g. “push the ball with your right hand”, “push the ball with your elbow”.
- ❖ Playdough – rolling pin, shape cutters, hide the pennies.
- ❖ Sequence movements e.g. jump, clap, jump,clap: jump, jump, clap, jump, jump, clap etc.
- ❖ Obstacle courses, reinforce up/down, left/right, front/back etc.