

GOALS: Body Awareness

Body Sense Proprioception
 Following Directions
 Memory
 Language Concepts: body parts
 Left/Right Orientation
 Crossing the Midline

Skill Development	Instructions	Exercise
<p>Body Awareness is being consciously aware of your body, your body parts, and the movement of your body parts. It is the ability to recognise where your body is in space.</p> <p><u>Following Directions & Memory:</u> Remembering 2 body parts. “First, touch your nose; then, your toes.”</p> <p>Remembering 3 body parts and the order/sequence, e.g. “First, touch your head; next, your shoulders, and last, your toes.”</p>	<p>Stand in the BOX. Stand with your feet shoulder width apart. Hands relaxed by your side. Look straight ahead.</p> <p>Say to your child: “Listen to the instructions in full, and only touch the body parts when I say: GO!”</p> <p><u>Layering:</u> If your child is struggling, do the exercises with eyes open and encourage them to look as they touch the body part(s).</p> <p>Do the activity in front of a full-length mirror.</p> <p>To challenge your child’s memory, wait before you say: GO!</p>	<p>Touch your ... (1 body part)</p> <ul style="list-style-type: none"> • Knees • Toes • Elbows <p>(2 body parts)</p> <ul style="list-style-type: none"> • Hand and wrist • Leg and arm • Tummy and head <p>(3 body parts)</p> <ul style="list-style-type: none"> • Ankle, knee, hip • Thighs, shoulders, ears • Nose, chin, cheeks <p>Repeat this activity with eyes closed.</p> <p>Crossing the midline ... With your right hand, touch...</p> <ul style="list-style-type: none"> • Left ear • Left knee and Left toes • Left knee, Right knee <p>With your left hand, touch...</p> <ul style="list-style-type: none"> • Right cheek • Right foot and Right thumb • Right thigh and Left toe

Feedback/Notes
