

**GOALS: Spatial Awareness**

 Boundaries  
 Proprioception  
 Body Awareness

Skill Development	Instructions	Exercise
<p><b>Spatial awareness:</b> the ability to understand and interact with the environment around you, e.g. avoiding obstacles when walking or determining left from right.</p>	<p>Use the LADDER for this exercise.</p> <p>Start at the bottom of the LADDER.</p> <p>Try not to touch the white lines.</p> <p>One foot in each of the boxes.</p>	<p><u>Walk on your Tippy Toes.</u></p> <ul style="list-style-type: none"> <li>• Walk forwards.</li> <li>• One foot in each box.</li> <li>• Keep inside the boxes.</li> <li>• Stand tall, go high up on your tippy toes.</li> <li>• Repeat x4.</li> <li>• Walk backwards.</li> <li>• Look down to make sure you are not touching the white lines. Repeat x4.</li> </ul> <p><u>Walk on your Heels.</u></p> <ul style="list-style-type: none"> <li>• Walk forwards on your heels.</li> <li>• One foot in each box.</li> <li>• Keep inside the boxes.</li> <li>• Repeat x4.</li> <li>• Now walk backwards on your heels.</li> <li>• Look down to make sure you are not touching the white lines. Repeat x4.</li> </ul> <p><u>Walking.</u></p> <ul style="list-style-type: none"> <li>• Walk forwards.</li> <li>• One foot in each box.</li> <li>• Keep inside the boxes.</li> <li>• Repeat x4.</li> <li>• Now, walk backwards.</li> <li>• Look down to make sure you are not touching the white lines. Repeat x4.</li> </ul>
<b>Feedback/Notes</b>		