

Body Awareness Activities

Introduction

Body Awareness refers to one's awareness of their body parts or dimensions. Children who do not have adequate body awareness often appear clumsy or awkward, and they frequently have difficulty with gross & fine motor activities that require subtle changes in posture, strength, force or dexterity.

Body Awareness is the foundation upon which children learn to coordinate their body parts and move through space and about objects in their environment.

Suggested Activities

1. Have your child close their eyes & touch body parts on command:

Knees	Hips	Fingers
Mouth	Wrist	Toes
Nose	Elbows	Thumbs
Chin	Ankles	Eyes
Ears	Neck	
Shoulders	Stomach	

2. Play Simon Says and:

- ✓ Have your child imitate your movements or respond to verbal directions.

Suggestions include:

Nod your head
Close your eyes
Turn your head
Wiggle your toes/fingers
Shrug your shoulders

Bend your knees
Bend your elbows

- ✓ Have your child touch body parts with other body parts. For example:

Nose to knee
Chin to chest
Ear to shoulder
Hands to hips
Wrist to ankle
Wrist to ear
Elbow to leg
Chin to wrist
Fingers to shoulders

- ✓ Have your child touch body parts to objects such as touch your:

Head to the wall
Hands to the door
Knees to the floor
Nose/Ears/Mouth to the chair
Elbows/Fingers/Wrists/ to the ...
Feet/Toes to the ...
Back/Stomach/Shoulders to ...

- ✓ Have your child do actions such as:

Stomp the right foot
Wave the right hand
Hop on the right foot
Wiggle the toes on your right foot
Wiggle the thumb on your right hand
Slap the right thigh
Point your tongue to the right
Shake the right leg
Bend the right elbow
Slide to the right

Repeat the actions using the left side, or if the child is very young, do not specify a side.

3. Specify a certain body part and use it to bat a balloon back and forth.
4. Have your child assume an all 4's position on the floor, and ask him to raise an arm or leg as you command it. As the child's balance and strength improves, ask the child to raise opposite arms & legs. For example, *Raise your right arm & left leg; put your right hand on your left hip & raise your left leg.*
5. Play Hokey-Pokey an include parts such as ears & chins, as well as hands, feet, elbows, etc.
6. Make a body puzzle - Have your child lie on a large sheet of paper and you trace around their body. Then ask your child to help you fill in the body parts, name them, and colour the picture. Finally, cut the body parts to form a puzzle and have your child re-arrange the pieces.
7. Draw or show your child pictures of incomplete people/faces and ask them to identify the missing parts.

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