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

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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