

Body Awareness

This presentation will help staff:

- **Understand what body awareness is**
- **Know how you might notice if someone is having difficulties with body awareness**
- **Select activities to support those who are having difficulties**

About Body Awareness

- We develop body awareness through movement and receiving sensory feedback within the early years.
- This helps us move within an environment and adapt our movement in response to what is happening around us.



Challenges with Body Awareness

Lack of body awareness can present many challenges for a child including:

- Awkward moving around the classroom or physically challenging environments – bumping into table and chairs
- Difficulty placing the body in positions e.g. sitting on the floor for carpet time
- Use of excessive force and pressure during movement tasks
- Dressing difficulty
- Difficulty accessing PE



Activities to Support

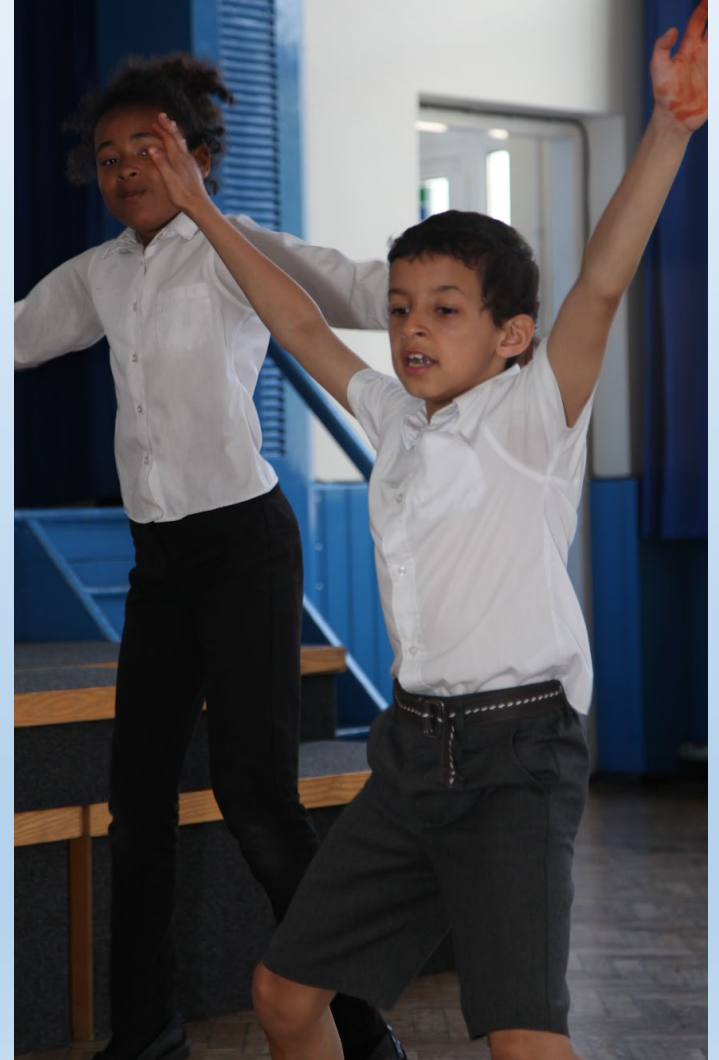
- Simple obstacle courses for small groups movement on different surfaces going in, over, under and through.

This provides proprioceptive input to increase body awareness.



Activities to Support

Contrast physical activity – stand still like a statue, then wobble like a jelly. Encourage the children to think about how it feels.



Activities to Support

Seated push ups – do wall push ups or 4-point kneeling push ups. This provides proprioceptive feedback to the body, increasing awareness of position.



Activities to Support

- Deep pressure activity – squeezing under cushions in quieter corners. This can be undertaken in small groups or with individuals.
- This provides both proprioceptive and deep touch pressure, increasing awareness of different parts of the body.
- It is helpful to verbally identify body parts while completing.



Activities to Support

Squeezing dough – provides proprioceptive input which increases feedback on hand muscles, joints and ligaments.



Activities to Support

Rolling up in PE mats or beanbags – provides proprioceptive and deep touch pressure to increase awareness of the body.



Activities to Support

Rolling a gym ball over the body – identify body parts as this is done. Can be completed in small groups or with individuals.



Activities to Support

Cognitive strategies – describing the movement that needs to be completed out loud in physically challenging environments (staff and young people).



Activities to Support

Pushing and pulling activities – including moving classroom chairs, cleaning tables, and carrying equipment such as books to hand out.

