

BODY AND BODY SPATIAL AWARENESS

Definition

Body Awareness

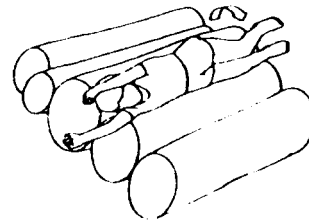
- This refers to an identification and understanding of the different parts of the body and knowing left from right

Body-Spatial Awareness

- This refers to the awareness and the ability to move body parts and the body as a whole around the environment, e.g. understanding of forward, backward, sideways.
- A student who has problems with body spatial awareness may have difficulties moving within their environment, e.g., bumping into things, falling over.

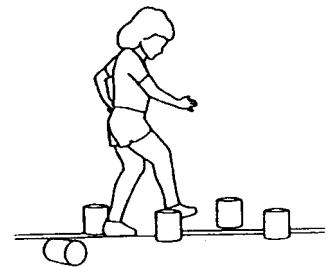
Ideas

- θ Label body parts, identify parts in the mirror
- θ Touch different parts with various textures
- θ Body paints to identify various parts
- θ Move different parts in different ways, e.g., rolling, sliding, and turning in circles.

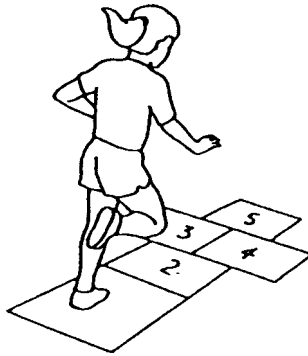
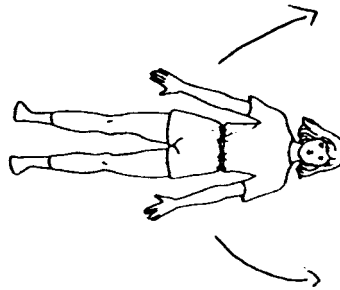


- θ Make body into various shapes – long, small, wide, etc.
- θ Body “Alphabet Letters”

- θ Imitate various positions
- θ Simon Says
- θ Body puzzles
- θ Make body from paper shapes
- θ Body tracing
- θ Use colored ribbons to identify right and left
- θ Statues, Hokey-Pokey, Mother May I
- θ Obstacle Courses – through, under, over, between, etc.



- θ Mazes – walking through using right and left
- θ Balance beam activities – forward, backward, sideways, etc.
- θ Animal Walks
- θ Angels in the snow
- θ Log roll
- θ Ball passing
- θ Mimes and charades
- θ Hopping, jumping in various directions



- θ Move body to left or right in relation to objects
- θ Examples of appropriate sports: swimming, dance, gymnastics, karate, martial arts

If you have any questions, please ask your physiotherapist!

School Health Physiotherapists