

Motor Skills Resource Sheets
Early Years Support & Assessment Team

Activities to support the development of body awareness

Body awareness tells us about the position of our body in relation to the things around us. This is also known as proprioception. When it is working well our body is able to make automatic adjustments to body position and movements in order to complete a task. Children who have low muscle tone seem more likely to have difficulties with body awareness.

Activities to develop body awareness are similar to those used to develop trunk stability. These activities are also helpful for children who have attention or organisational difficulties as they may provide a calming effect.

Activities that involve pushing or pulling. These may be playing with wheeled toys, pushing friends on sit and ride toys, carrying heavy objects (within safe limits for the child) and rolling out thick dough.

Sit ups, wall pushes and push ups.

Crawling, bear walking (on all fours) and crab walking (on all fours facing upwards).

Rolling on the floor to reach things.

Jumping games and trampolines. For older children use pogo sticks.

Digging, raking and sweeping. Garden centres have child sized tools.

Games that involve the naming of body parts and touching body parts e.g. "Simon says touch your knees".

Move using different parts of the body e.g. heels only, toes only, bottom, feet and one hand.

Experience contrasts of muscle tone. Stiffening the body to be like a stick, walking like a robot. Relaxing the body by going all floppy like a jelly.

Musical statues. Talk about the positions held by different parts of the body.

A variation is for the child to stop and touch the floor with different parts of the body e.g. knees and hands.