



5 (with tons of ideas) **tips for Body Awareness!**

Body awareness is the ability to know what your body is doing and where it is in relation to space around it. It let's us know how far to reach for objects or how close we are standing to another person. Trouble with this may translate into the appearance of being clumsy or uncoordinated.

Improve Body Awareness with the following tips! (Make sure to use a variety!)

- 1. Heavy Work Activities:** This gives your muscles added input. Weight bearing activities can be- stomping or jumping on your feet, pushing or pulling heavy objects (try using a shovel and wheelbarrow), handstands and other basic gymnastic moves, making beds and lifting firewood. It is all GOOD!
- 2. Play Body Games:** “Simon Says” or “Twister” or “Parachute”. Simon Says is easy and fun. You can say “Simon Says touch your left elbow to your right knee.” Tug-O-War is another fun one. Dig in those heels!
- 3. Mirror Games:** Using a partner, let the adult or child imitate your moves. Add music for increased difficulty and fun. You may also use picture and yoga cards (Avail. at Obstacle Course or Tools section on our site). Don't forget you can even trace your body on paper.
- 4. Obstacle Courses:** Make sure that you involve going under, over, around, through, and behind.
- 5. Puzzles & Models:** Try using Legos to build something from a model, use clay or build a model airplane or car. Some other ideas include; parquetry pattern blocks, puzzles, sewing, building a bird house or squirrel feeder.