



## Improving Spatial Awareness

### 7 Ways To Build It!

Good spatial awareness allows one to understand and interact with the world around them. Try the following activities to help grow visual-spatial awareness.

- \* Obstacle Courses: You can do these indoors or outdoors and use items such as chairs (monkey jump around them placing your hands on the seat of the chair, or sit and spin around to name some), balls, comforters (stacked on top of each other like a crash pad is an option to jump or run or roll on), pool noodles, beanbags, trampolines, etcetera. You can vary the difficulty of a course and change the number of stations or make them more complex. NOTE: You can get more ideas with the Obstacle Course e-book or under the section of obstacle courses.
- \* Movement Games: This is another great way to make challenging activities fun and exciting. You can time them or do activities that take two people to accomplish such as partner Yoga positions, Wheelbarrow Walking, Swinging or Doing Jumping Jacks together at the same time. Games such as Shark, Twister, Red Light-Green Light, or Tag can also be skill building. You may even choose to play dodge ball with nerf balls so that there is no fear for the uncoordinated or weaker participant. NOTE: You can find pictures of some of these in the Obstacle Course, Activity Tolerance, or Mobility sections.
- \* Build and Create: This is an important way to grow skills with meaning. Try building a bird house or model airplane. Guided block / Lego play is another way to increase spatial communications skills. Other puzzles and tangrams will also be beneficial.
- \* Complete Patterns: Whether it drawing, copying, or building a pattern you will be building skills. Try locating patterns.
- \* Communicate Instructions that indicate location. You say "Pick up the pencil that is on top of the yellow line." Or Place the eraser on top of the paper clip that is under the paper." Playing many table games such as Candyland, Life, Parcheesi, or Sorry can be helpful. Working together to make a structured collage is also another way to build those skills.
- \* Treasure Hunt using a map. Place items to be found around the yard or house, then have a drawn out map of where they are or who might have a clue to the next clue that will lead to the item hidden.
- \* Ink It, Think It: Often it takes coloring and talking about a subject to increase awareness. Find a picture of a person and color and talk about size and shape and purpose of each part. You may even talk about how one body part does not get injured as much as another one.

Making Therapy Better!