

Body Awareness

Gross Motor Movements to make it all happen!

Upper Body & Lower Body

- * Touch your Toes.
- * Put your Knees together.
- * Place your left Hand on your
on your right Elbow & Hip.
- * Place our 'Pinky Fingers on
your Belly Button.
- * Put your left hand on your
right Big Toe.
- * Touch your Ankles.
- * Touch your right
Knee with your left Hand.
- * Touch a Knee and Foot as
fast as you can.
- * Put your right Hand on your
left Knee.
- * Put your left hand on
your right Knee.
- * Put your right hand on your
left Hip.
- * Touch your right Ribs with your
left Hand.

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Upper Body

- * Touch your Eyes.
- * Clap your hands 5 times.
- * Put your elbows together.
- * Clap out the rhythm to a
song.
- * Alternate clapping your
Elbows and Hands together.
- * Clasp your hands behind
your neck.
- * Draw a square in the air.
- * Touch one Shoulder.
- * Place your Palms together.
- * Pinch your Elbow.
- * Put your nose on your left
Forearm.
- * Touch your nose.
- * Put your Hands on your
Head.
- * Draw a circle on your Belly.
- * Touch your Neck with your
With your right Hand.