



# 27 Body Awareness Motions!

## 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.