

# BODY AWARENESS

## What is Body Awareness?

Body awareness, or kinesthetic sense, is having a sense of where all of your body's parts are in space, how each of those parts work together or separately and even how they feel. It is a skill that is generally developed in the background as a result of motor skill practice through play and repetition.

## Problems With Body Awareness

Poor body awareness can lead to problems in school, at home and in the community including:

- Difficulty with handwriting, including pencil grip and writing pressure
- Problems with word spacing and writing on lines which are visual perceptual skills that are directly related to body awareness
- Poor posture in a classroom chair
- Difficulty walking in line with classmates
- Difficulty applying directional concepts like over, under, left, right, up or down which translates into issues with following spoken directions
- Clumsiness
- Bumping into objects

## Working On Body Awareness with Kids

**1 || Mirror Mirror** – Have kids imitate each other's movements to improve awareness of their own movements.

**2 || Heavy Work** – Activities where kids have to push, pull, and lift against resistance.

**4 || Targeted Strengthening** – Using weighted objects, body weight, or resistance training.

**3 || Core Strengthening** – Having a strong core foundation is important for building control of the movements of the rest of the body.

**4 || Spatial Awareness Games** - Put the pillow "under" the table, go hide "behind" the chair, etc.

**5 || Simon Says** - Practice touching body parts with eyes open and closed using a Simon Says style game.

**6 || Hand Clapping Games** – Kids can play with a partner to improve timing and control of their movements in a fun way. Using music and rhythm is a great way to support body awareness.

**7 || Games of Tag** – Using different variations of this classic game is a great way to hone in on different movements.

**8 || Yogarilla** – Show cards and ask a child to make their body mimic the image on the card.

**9 || Balloon Play** – Because balloons float and move in unpredictable ways, they can be tricky to catch! Have the child try to tap the balloon with different body parts to keep it from touching the floor!