

BODY AWARENESS

Body awareness is knowing where our body is in space, having a felt sense of where our body is, and understanding what our various body parts do and how they relate to our other body parts. Body awareness is gained through a variety of movement and sensory experiences. It is important in helping children develop body control, motor skills, coordination, and emotional regulation. Body awareness grows when sensory information is received by the brain through our senses.

Supporting Children to Develop Body Awareness

Expose the child to various sensory experiences
Give the child lots of opportunities to move

Outside Activities That Support Body Awareness

- Visiting community playgrounds or pools (e.g., swinging, swimming)
- Walking in forests
- Climbing, biking
- Playing with balls
- Deep pressure activities (e.g., carrying a slightly heavy backpack, jumping from safe heights, swinging on own body weight)
- Sensory experiences (see the Sensory Processing and Senses resource guide)
- Heavy work (see the Heavy Work resource guide)
- Playing games (e.g., Simon Says, Hokey Pokey, Follow the Leader)

Inside Activities That Support Body Awareness

- Crawling (e.g., animal walking, crawling on all fours, over uneven surfaces)
- Jumping and falling into piles of pillows, crash pads, or mattresses
- Deep pressure activities (e.g., wrapping children in blankets, body socks, bear hugs or squeezes, carrying heavy items)
- Playing movement games (e.g., Twister, homemade obstacle course)
- Naming five things you see, four things you hear, three things you touch, two things you smell, and one thing you feel
- Doing heavy work (e.g., putting food cans in a laundry basket and pushing or the laundry basket)
- Singing action songs (e.g., Head and Shoulders, Knees and Toes)

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Need More Support?

Resources Available at the WKCCRR Library:

- Reflective Balls and Scarves Kit
- Balance Beams and Rocking Boards
- Sensory Exploration Kit
- Foam Climbers and Pikler Triangles
- Smell Sensory Exploration Kit

Online Resources:

- [5 Tactile Activities – Harkla](#)
- [Body Awareness – Brightwheel Blog](#)