

Activities for developing Body awareness

- Playing the Hokey Pokey or “Simon Says:” have the child imitate body positions as well, “Simon Says do this.....” and include symmetric and asymmetric body poses
- Climbing on the playground: up the slide (both the ladder and the incline), up/ down stairs, on/ off equipment
- Obstacle courses
- Playing on dynamic (moving) equipment- small trampoline, balance board, swings
- Pushing/ pulling weighted objects; medicine balls, weighted carts, carrying grocery bags, laundry basket, taking out the trash, etc.
- Sports/ athletics: gymnastics, karate, yoga, wrestling, soccer, basketball, baseball, etc
- Playing Tug-of-War; and crashing into a pile of pillows, beanbags
- Swimming
- Wheelbarrow walking, animal walking (bear walk, crab walk, snake crawling)
- Playing “Twister”