

## **TECHNIQUES TO DEVELOP BODY AWARENESS**

Body awareness refers to the unconscious sense of body position, movement and force that comes from special sensory receptors in our joints and muscles. It is the sense that tells us what position our arms and legs are in even when our eyes are closed.

The following activities provide strong proprioceptive input and can help to develop improved body awareness:

- Back rubs or massages
- Wearing elastic clothing such as stretch pants or bicycle shorts
- Helping with activities that require use of large body muscles including carrying groceries, pushing a wheelbarrow, rolling out cookie dough.
- Tug of war
- Shoveling snow, raking leaves
- Wall push ups by placing arms against a wall and pushing in and out
- Push-ups, sit-ups, chin-ups
- Crawling, bear-walking, crab-walking
- Jumping activities including jumping rope, jumping jacks, trampoline
- Pulling another child in a wagon or other riding toy
- Playing with stiff clay or dough
- Chewing stiff foods including gum, caramels, gummy bears, licorice