

Activities to Improve Body Awareness and Motor Planning Skills

- Play less common games such as Frisbee, croquet, horse shoes, shuffle board, jacks, Chinese jump rope; create backyard miniature golf and use a bat as the club and a tennis ball
- Teach your child dance moves such as twist, side step, marching
- Have your child perform two step actions such as stepping while clapping to music, jump and clap, step and kick, jumping jacks
- Hop scotch, jump rope
- Martial arts
- Call out activities and have your child perform them. For example, jump on one foot, gallop, skip, jump like a frog, etc.
- Have your child try to copy various hand and body positions to increase body awareness and motor planning
- Teach simple sign language to increase awareness of hand/finger position
- The game First Hand from Pocket Full of Therapies (www.pfot.com)
- The game Twister
- Building activities following picture directions such as Lego kits
- Participate in heavy muscle work activities such as pushing, pulling, lifting, reaching, bending, hanging to improve awareness of what your child's muscles are doing and awareness of body position in space

Therapist _____ Email _____