



Spatial Awareness Activities and Get Up and Go!

Spatial Awareness activities are designed to enhance children's ability to recognize where parts of their body are in relation to other parts. Examples of activities designed to enhance Spatial Awareness include:

Directions

- Have children walk forward, walk backwards, walk sideways, walk forward again and turn.

Speed

- Have children walk, then jog, and then run.

Levels

- Have children reach up high, then down low, and then somewhere in between.

Combine All Three!

- Have children walk in place -
- Then reach out on either side with their arms -
- Then twist -
- And then make shapes with their bodies (i.e. curl up like a ball, stretch like a ladder).

Have children walk or run using the following variations in Levels, Direction and Speed:

- Move backwards
- Move in a circle
- Use big steps
- Use little steps
- Move in a Zig-Zag
- Move fast
- Move slow
- Move like your favorite animal
- Move like a car, or a plane, or a train, or a bus

Practice Stop and GO!

- Play Red Light-Green Light
- Play Whistle-Stop
- Play Stop-Sign