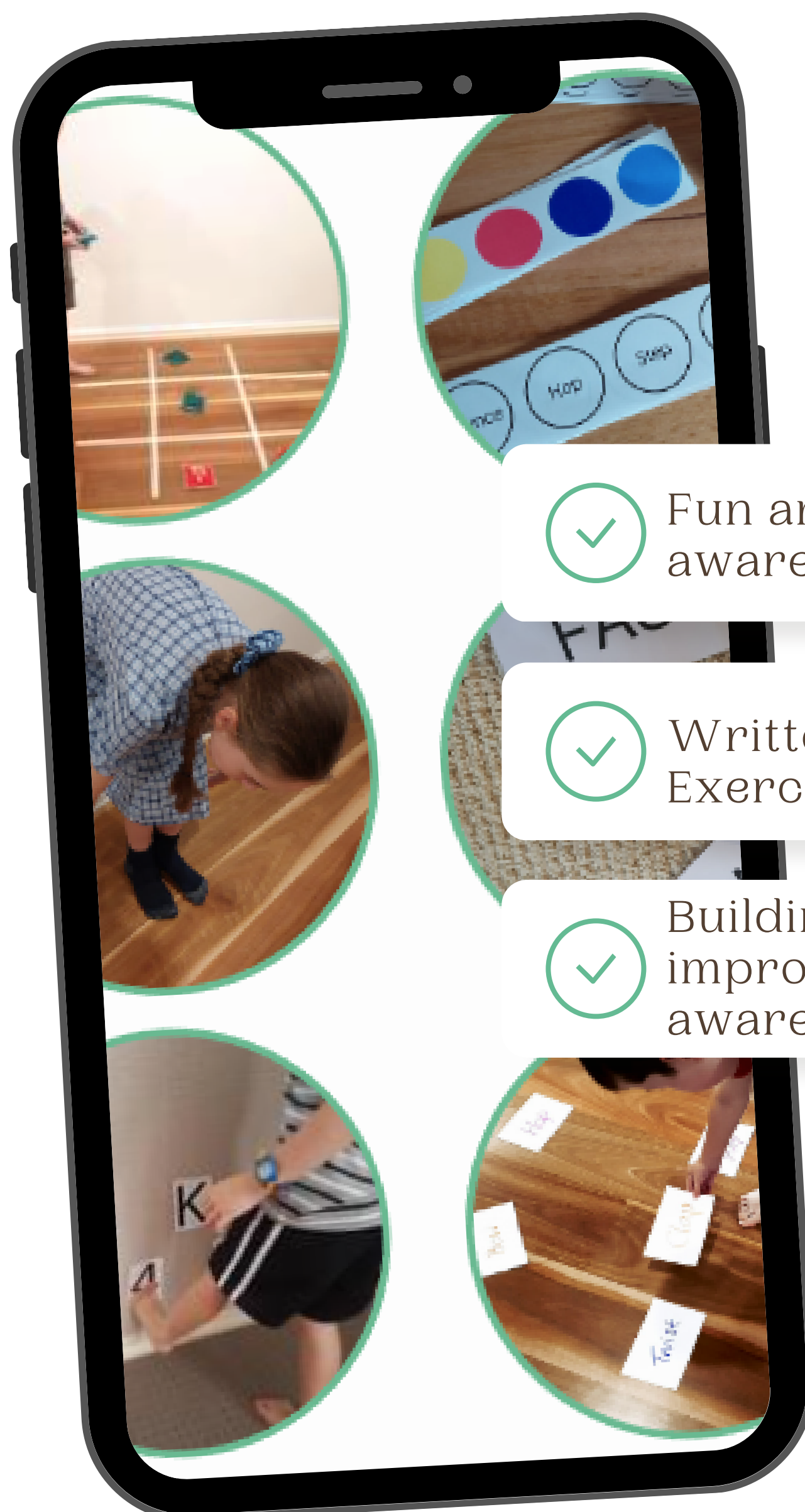


Play
Move
Improve

CHILDREN'S SPATIAL AWARENESS MOVEMENT PROGRAM

Boosting children's spatial awareness skills while having fun!



Fun and easy spatial awareness activities



Written by an Exercise Physiologist



Building the skills needed for improving children's spatial awareness



Congratulations!

You have taken the plunge to help improve children's spatial awareness skills

How this program works

In this Google Drive folder link below you will find the spatial awareness movement program document -

<https://drive.google.com/drive/folders/1hCu4DILR9UYojY5FWtXdJJiuTUNwmqb7?usp=sharing>

Ideally each activity will be completed 3 times per week, for 6 weeks.

These activities can be completed before kindergarten/school, at kindergarten/school, or after kindergarten/school.

I have chosen activities that are appropriate for a wide age range as I know some families have more than one child, and not every child develops at the same age.

For example, my twins were born 1 minute apart and are still approximately 6 months to 18 months apart developmentally, depending on which area of development I'm observing

What if we have a busy week?

If you have a busy week and you don't have time to complete the activities. Don't worry. We all have those weeks. Do what you can and just again tomorrow.

The goal is to try and encourage your child to do the activities before screen time if you can. But understandably it can all become too busy at times.

Don't place too much pressure on yourself. Small amounts of movement are better than none.

You've got this!

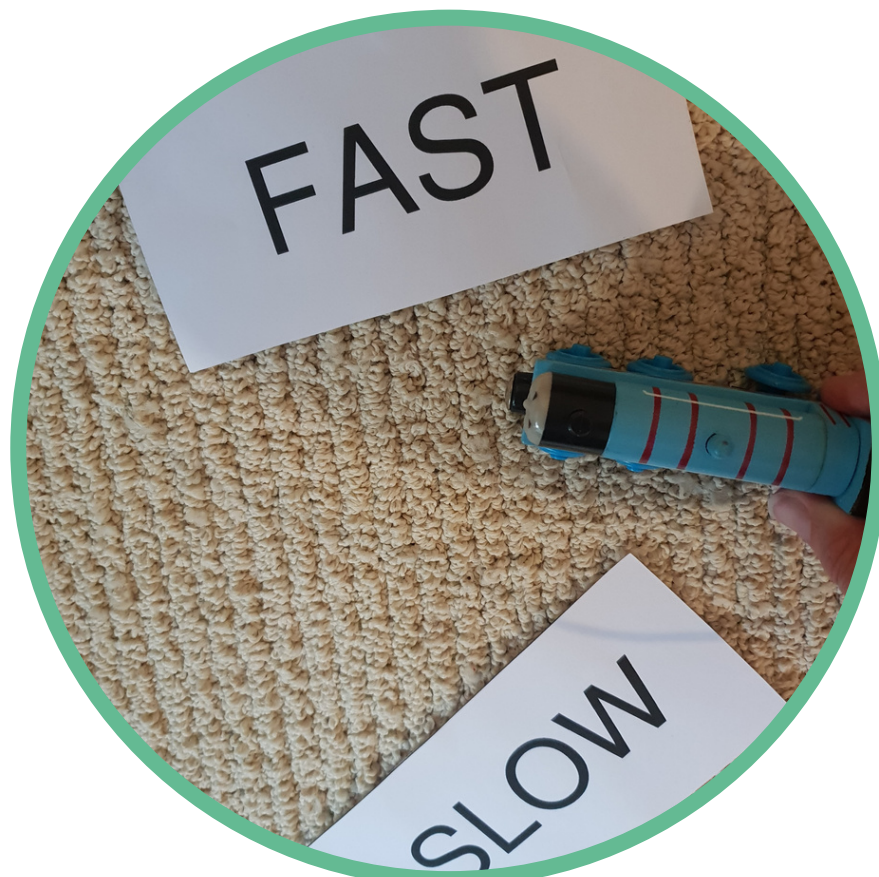
Any questions along the way please contact me

robyn@playmoveimprove.com.au | www.facebook.com/playmoveimprove

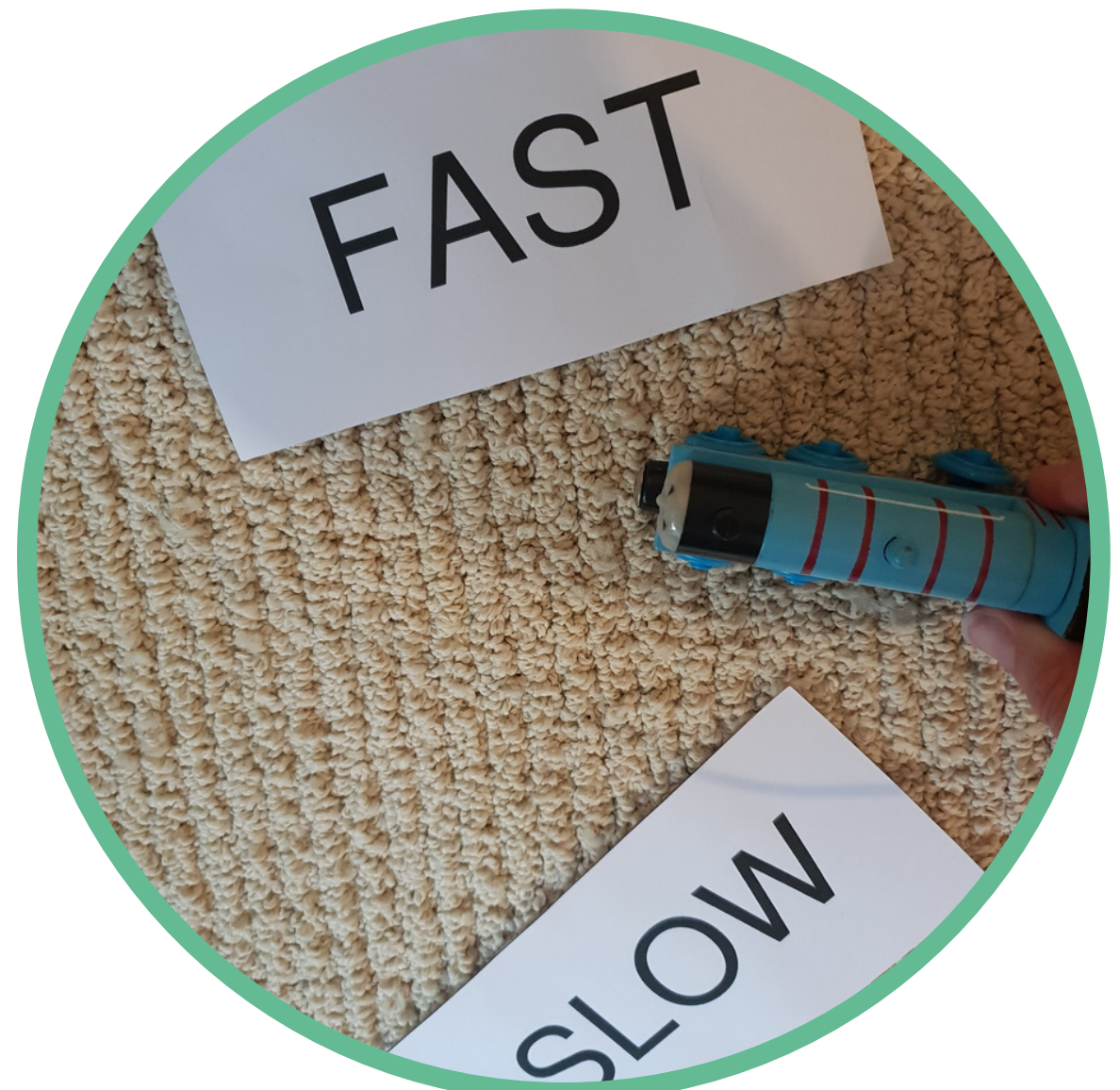
Spatial Awareness Movement Activities

Don't have time to read through all of the descriptions right now?

That's ok! Here is week 1 in a snapshot



Images for you to keep as a reminder



Spatial Awareness Movement Activities



BEAN BAG OR ROLLED UP SOCK TIC-TAC-TOE

Materials

- Masking tape

WHAT TO DO

- Make a tic-tac-toe grid on the ground using masking tape
- Teach children how to play the game tic-tac-toe by using bean bags or pairs of socks as the naughts and crosses
- To make it more challenging for older siblings, ask them to stand on one foot while taking their turn

WHAT TO LOOK FOR

- Ensure children are able to wait patiently for their turn
- When your child loses the game, ensure they are building their resilience by celebrating the win for their sibling or yourself, then building their persistence to try the game again
- If children are struggling to aim their bean bag or rolled up socks, encourage them to keep learning this skill by throwing a bean bag or socks into a washing basket - play tic-tac-toe on a window with whiteboard markers instead

WHY IT'S IMPORTANT

- A game of tic-tac-toe is important for building up children's social skills by taking turns, waiting patiently, persisting with the game after losing, etc.
- Tossing the bean bag or socks into the tic-tac-toe square helps children to master their spatial awareness, hand-eye coordination, fine motor skill development and problem solving skills

Spatial Awareness Movement Activities



TAP BALLOON AT WALL TARGETS

Materials

- Masking tape or printables on the next page

WHAT TO DO

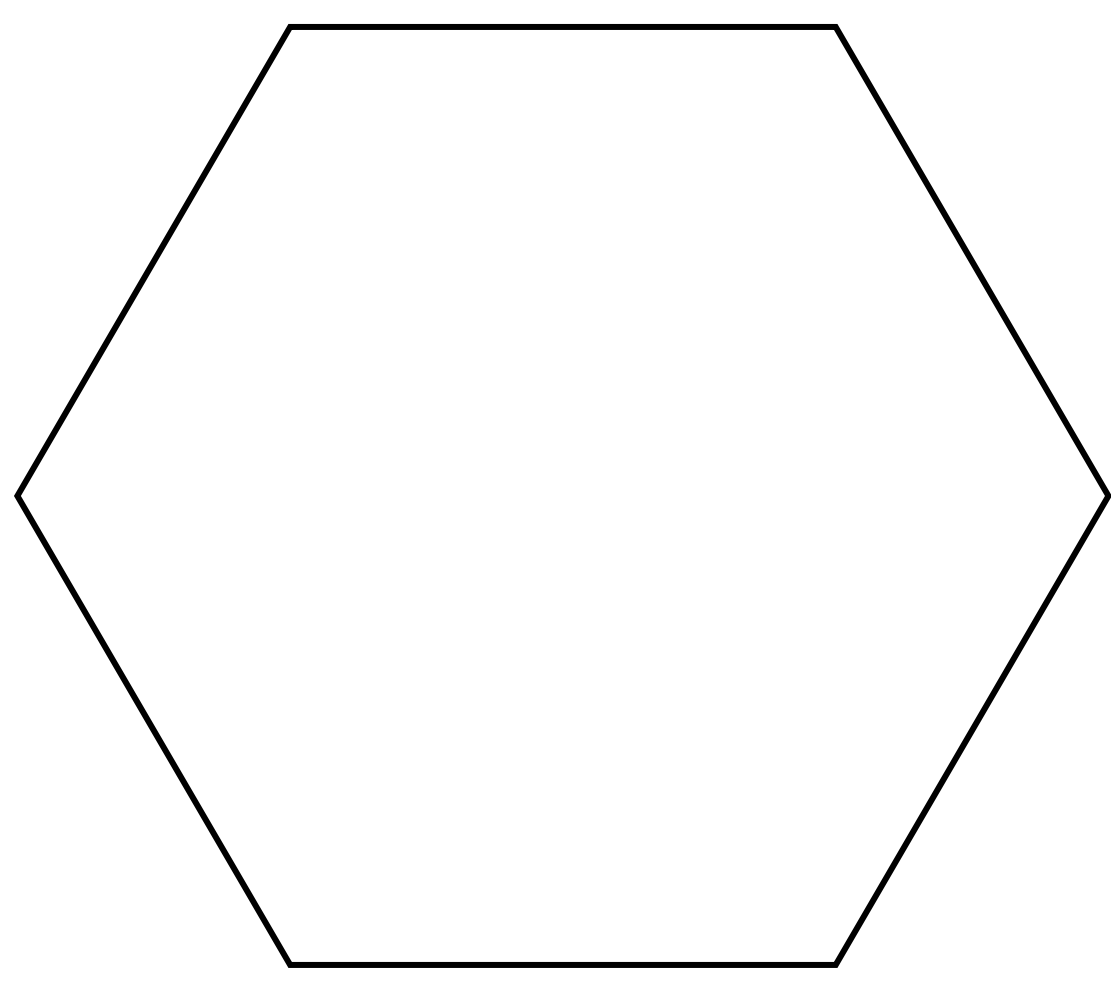
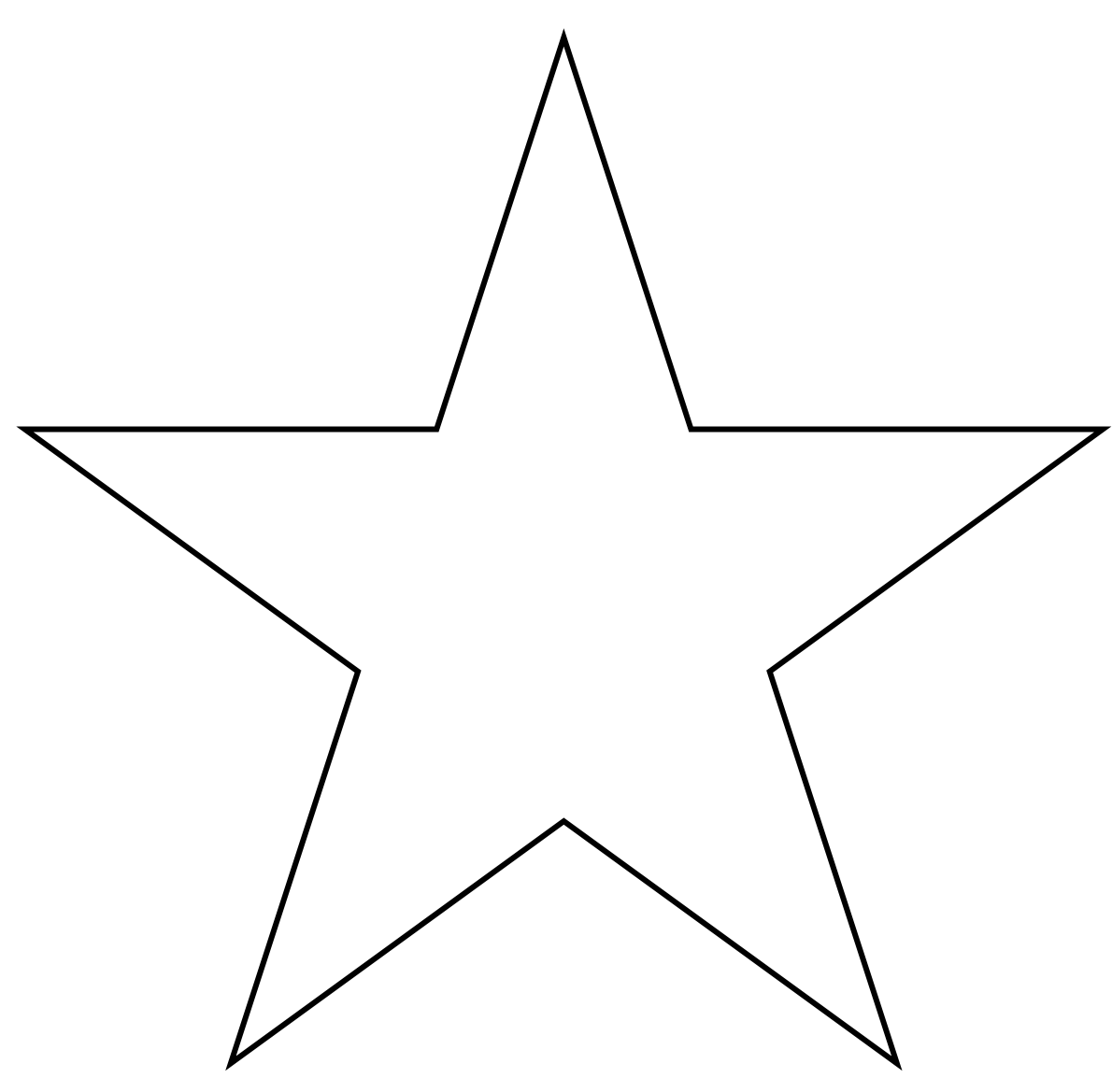
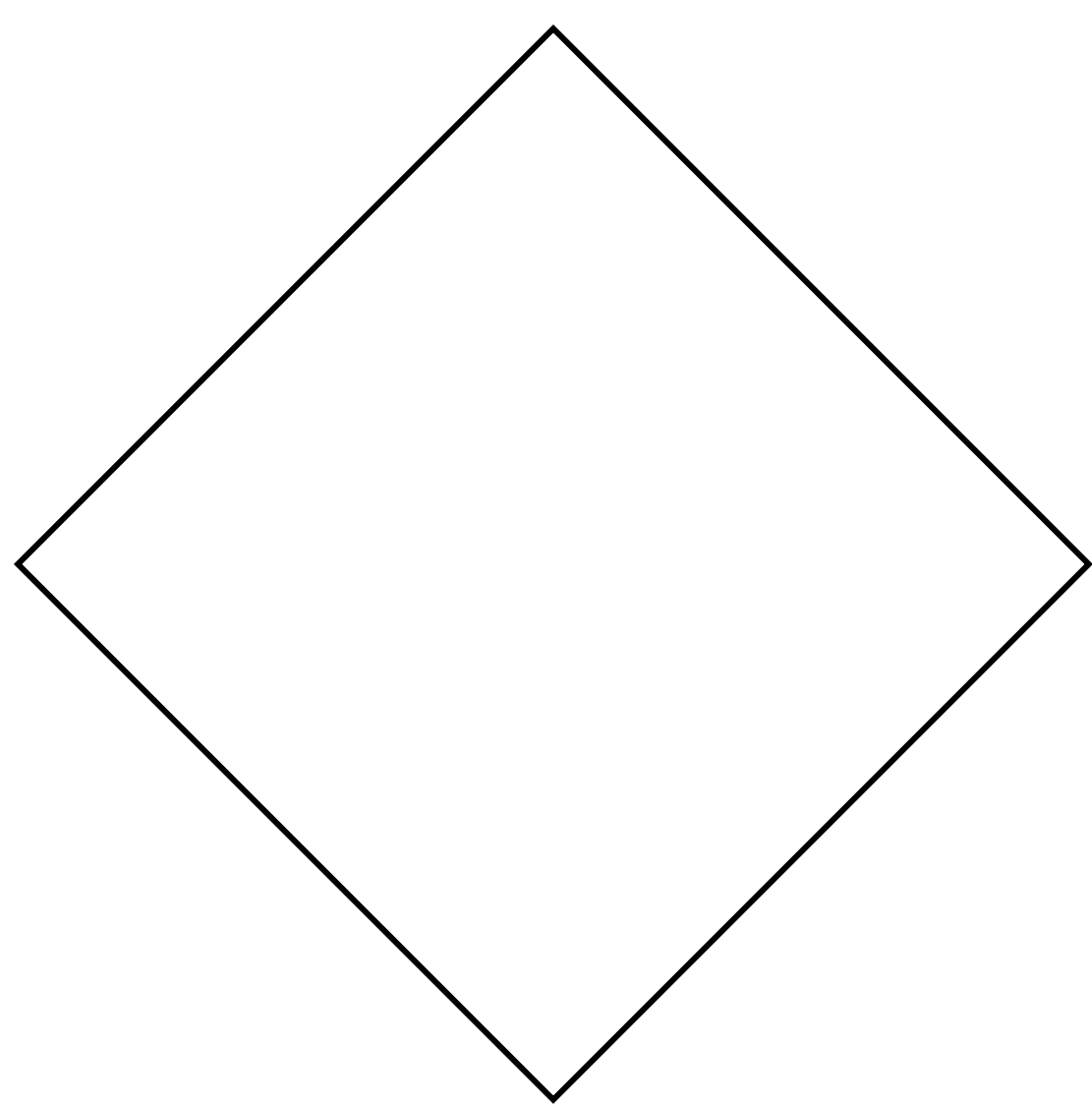
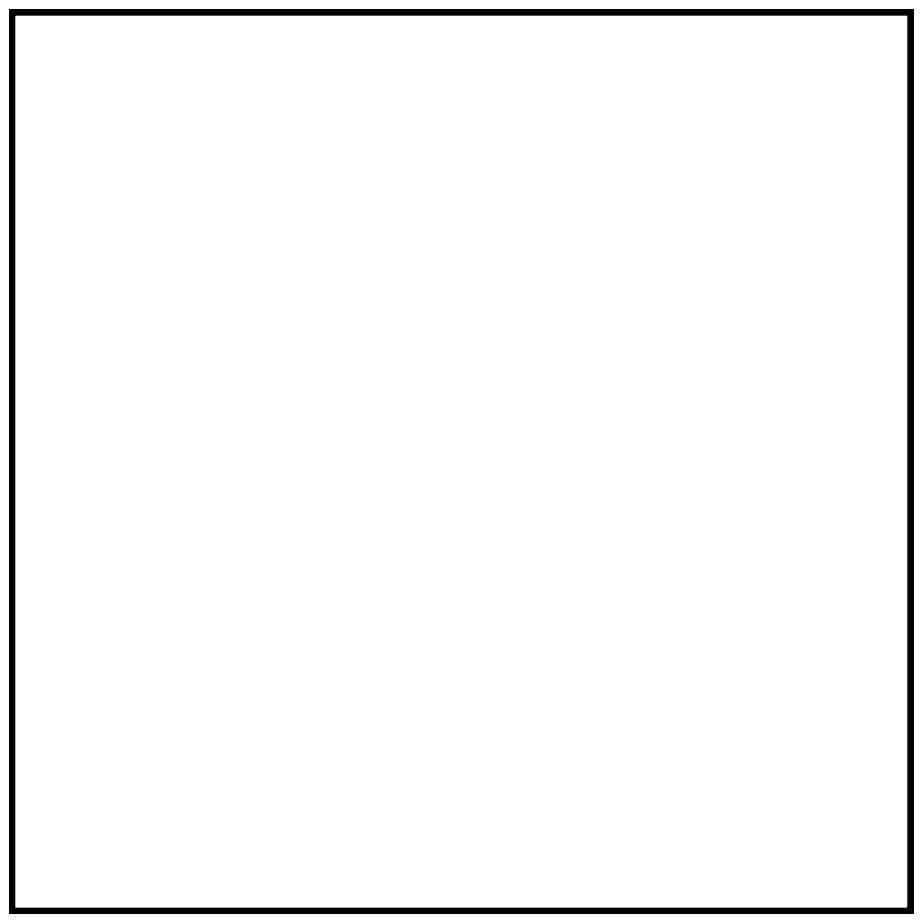
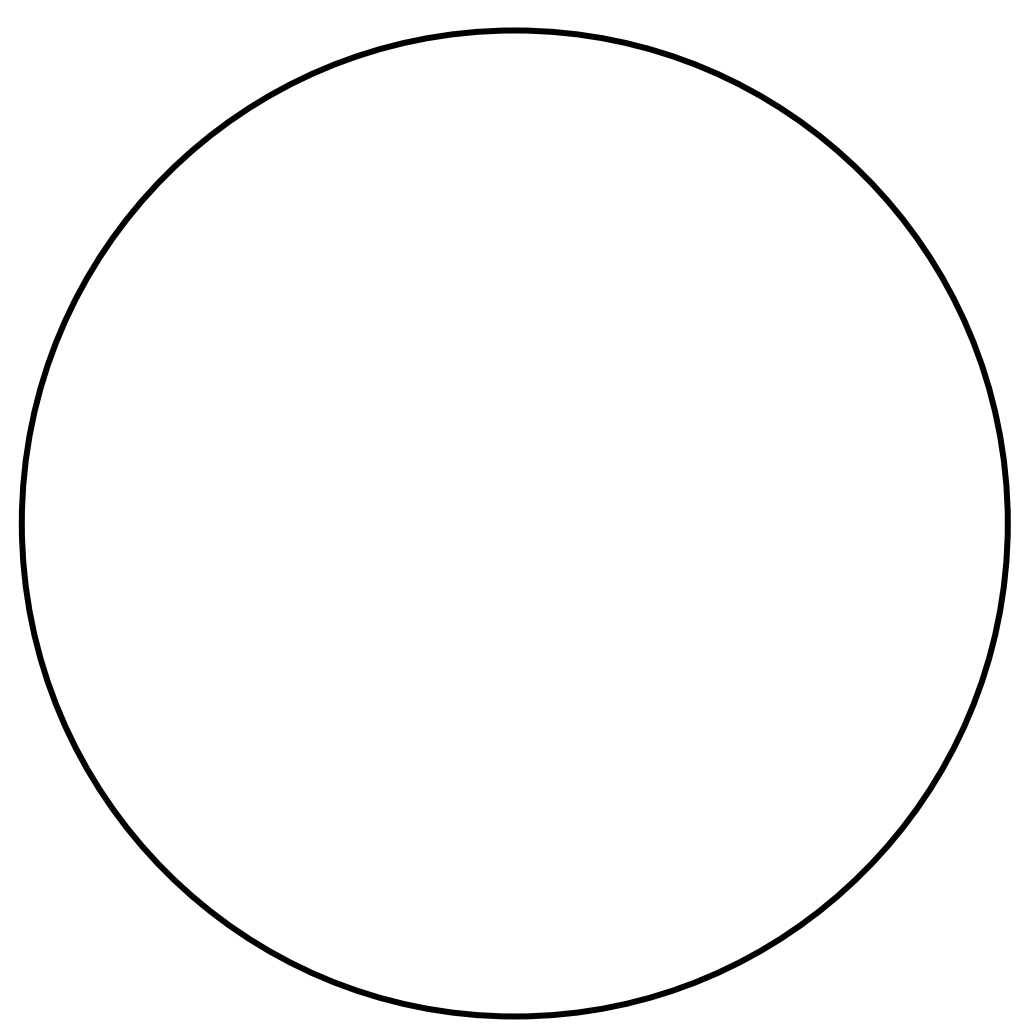
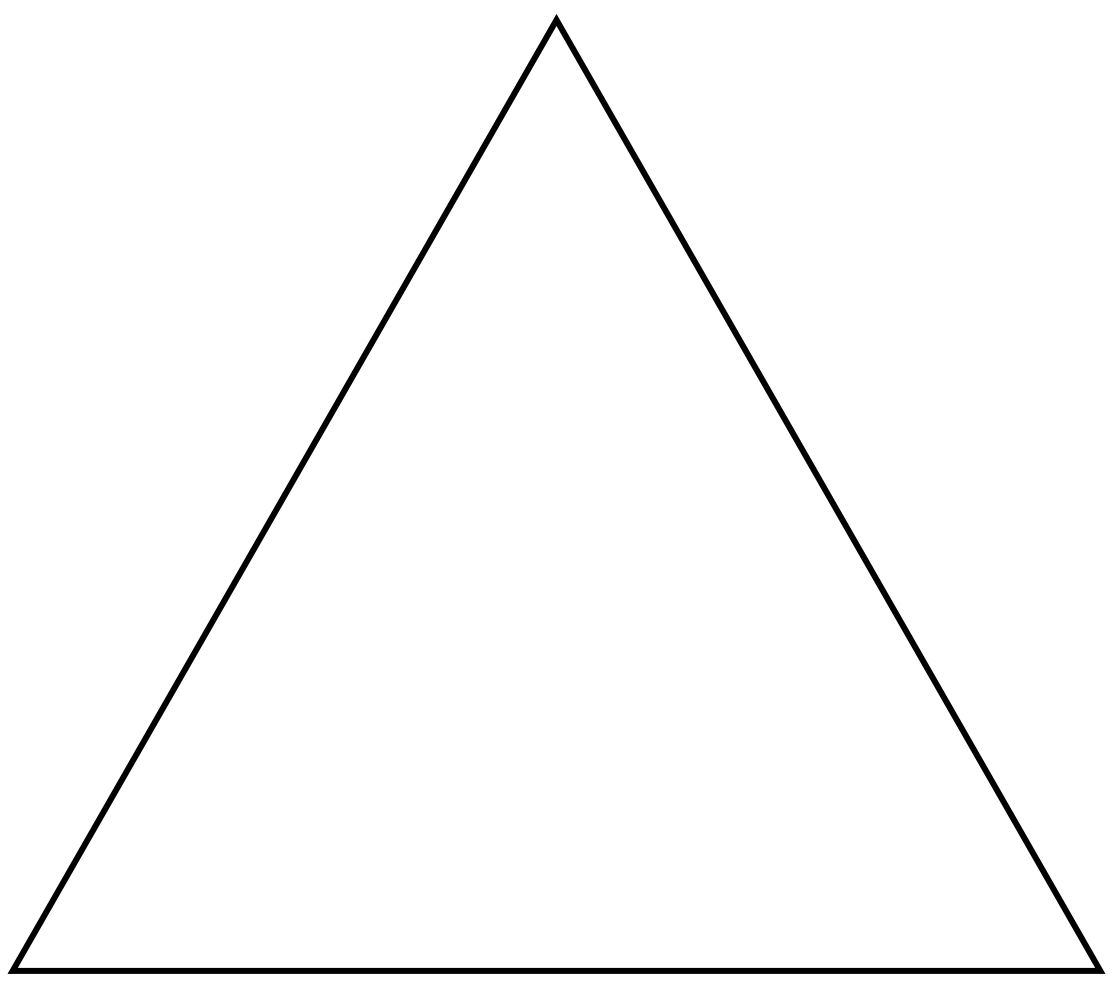
- Place masking tape onto the wall as pictured, or blu-tak the shapes on the following page onto the wall at varying heights
- Encourage your child to stand 1.5 metres away from the wall and tap the balloon towards each of the targets. Add in a math component by giving each target a number value, then add up how many points they get after 20 shots at the targets on the wall.

WHAT TO LOOK FOR

- See how your child is able to aim the balloon at the mark that they're trying to target the balloon towards
- The goal is to target the balloon accurately at each of the marks on the wall
- To add in more challenge, ask your child to tell you whether the target that they're aiming towards is on their left, their right, up high or down low. Using words to describe the direction is important for their learning and future math and reading skills

WHY IT'S IMPORTANT

- Being able to target the balloon accurately towards the marks or shapes on the wall is important for building up spatial awareness skills as children are learning the angle that they need to position their body and the balloon
- This activity also encourages visual tracking, hand-eye coordination, and fine motor skills which is important for children's physical development and learning skills



Spatial Awareness Movement Activities



WRAP BALL AROUND YOUR BODY

Materials

- Small ball or rolled up pair of socks

WHAT TO DO

- Provide your child with a small ball that they can hold in one hand or a pair of rolled up socks
- Ask your child to slowly wrap the ball around their ankles, knees, hips, ribs, and head. Then slowly go back down the body again now wrapping the ball around their head, ankles, knees, hips, ribs, and head.
- Make this more challenging by doing it to a sequence similar to the activities above, or while standing on one foot if they need

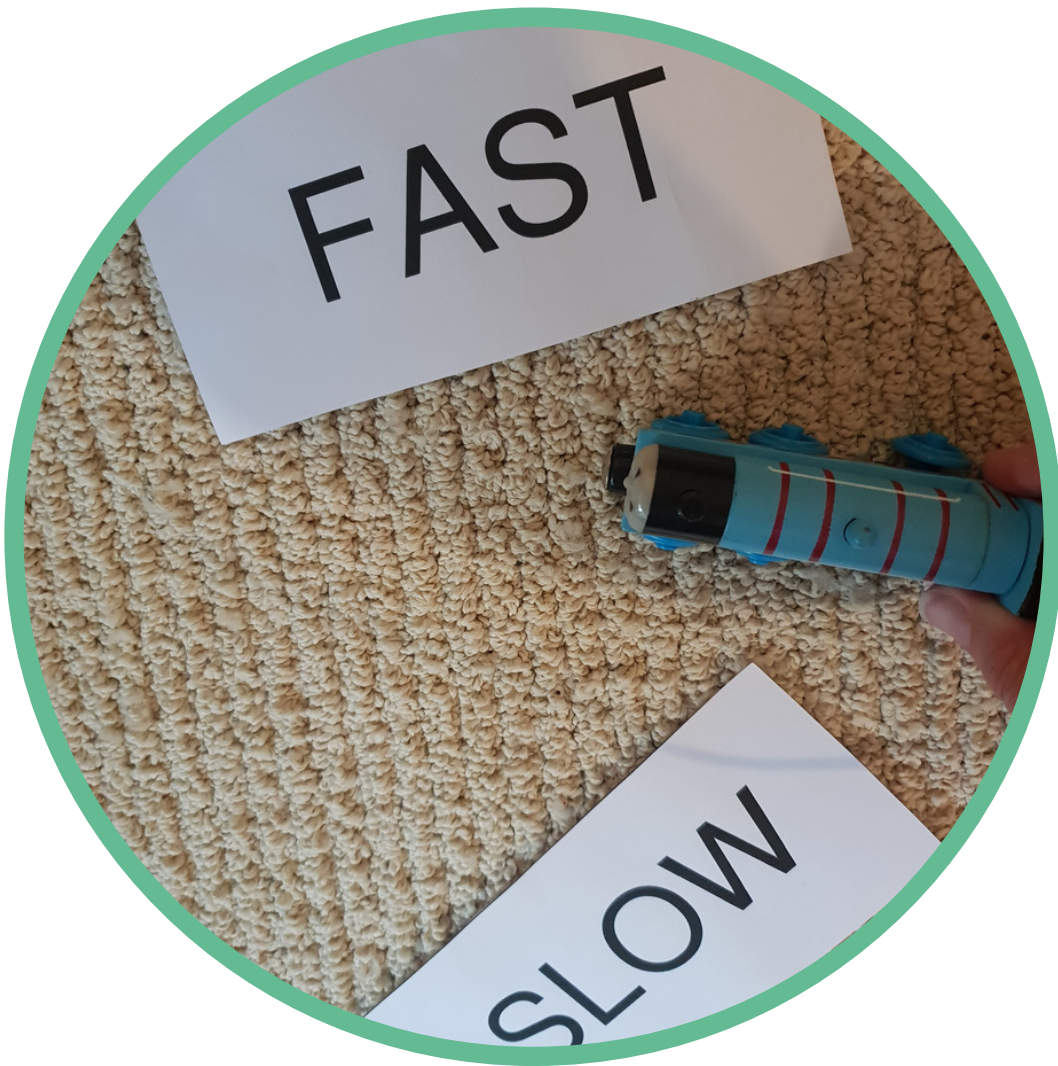
WHAT TO LOOK FOR

- Observe your child's flexibility as ideally they should be able to easily move the ball around each part of their body without feeling tightness. If they feel tightness encourage doing this movement slower and more often to improve movement of their joints
- Observe your child's ability to keep control of the ball without dropping the ball on the ground

WHY IT'S IMPORTANT

- Moving the ball around the body uses the skill called crossing the midline as their hand needs to go on the opposite side of their body
- Moving the ball around the body also provides the arms and limbs with sensory stimulation as the body feels the ball touching different parts of the body. To build up spatial awareness children need to feel where each of their body parts are - where is their leg compared to their shoulder, their elbow compared to their ankle, etc.

Spatial Awareness Movement Activities



DRIVE TRAIN OR CAR TO THE SPEED OF THE SIGNS

Materials

- Print outs from booklet
- Toy car or train

WHAT TO DO

- Print and cut out the fast, slow, and stop signs on the next page
- Encourage your child to drive their toy train or car along the figure 8 track on the page after the fast, slow, and stop signs
- When you show your child the sign fast, drive the toy train or car fast
- When you show your child the sign slow, drive slow
- When you show the stop sign, see how quickly and smoothly your child can stop and control their movement

WHAT TO LOOK FOR

- See how quickly and smoothly your child can change their speed when you show them the sign
- See if your child relies on you also reminding them to slow down or speed up, or whether they can just respond to the sign
- For younger children colour in the signs to match the traffic lights (red, yellow, green) as they may not be able to read the sign

WHY IT'S IMPORTANT

- Being able to control the speed of our movement, and stop (inhibit) our movement is important for children's impulse control and self-regulation
- If your child is quick to snatch a toy or push a sibling, try this activity and watch their improvement as they change the driving speed to match the sign that you hold up

FAST

SLOW

STOP

FAST

SLOW

STOP

Spatial Awareness Movement Activities



TAP FOOT ONTO LETTER OR OBJECT FLASHCARD

Materials

- Print outs from booklet
- Dice if needed

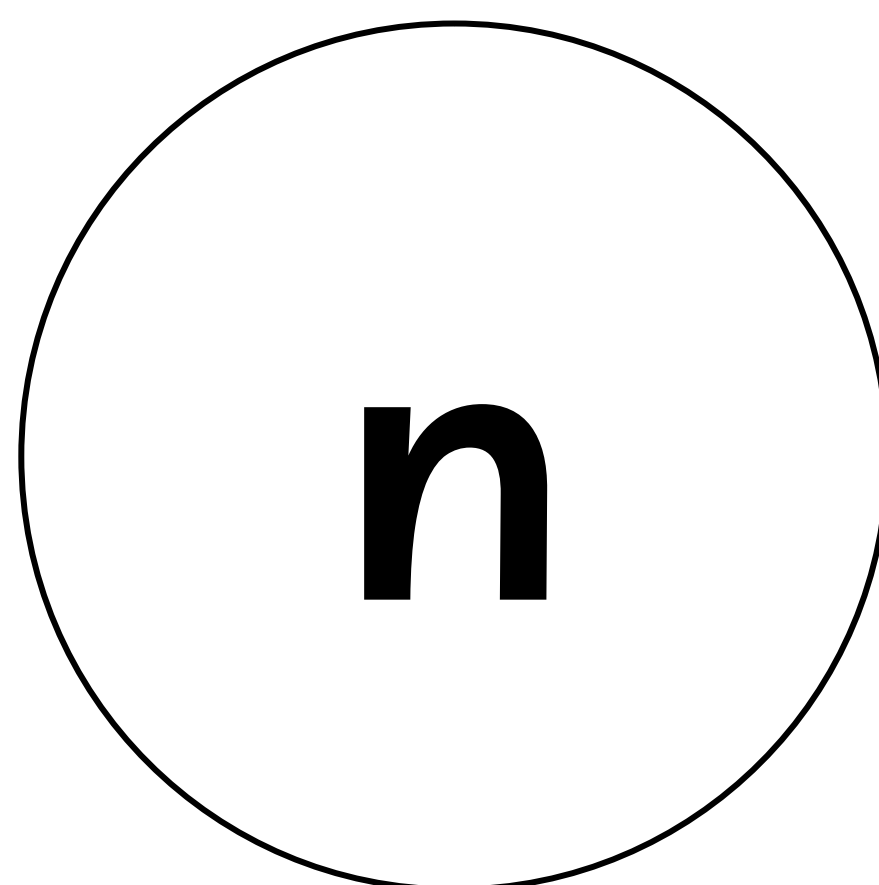
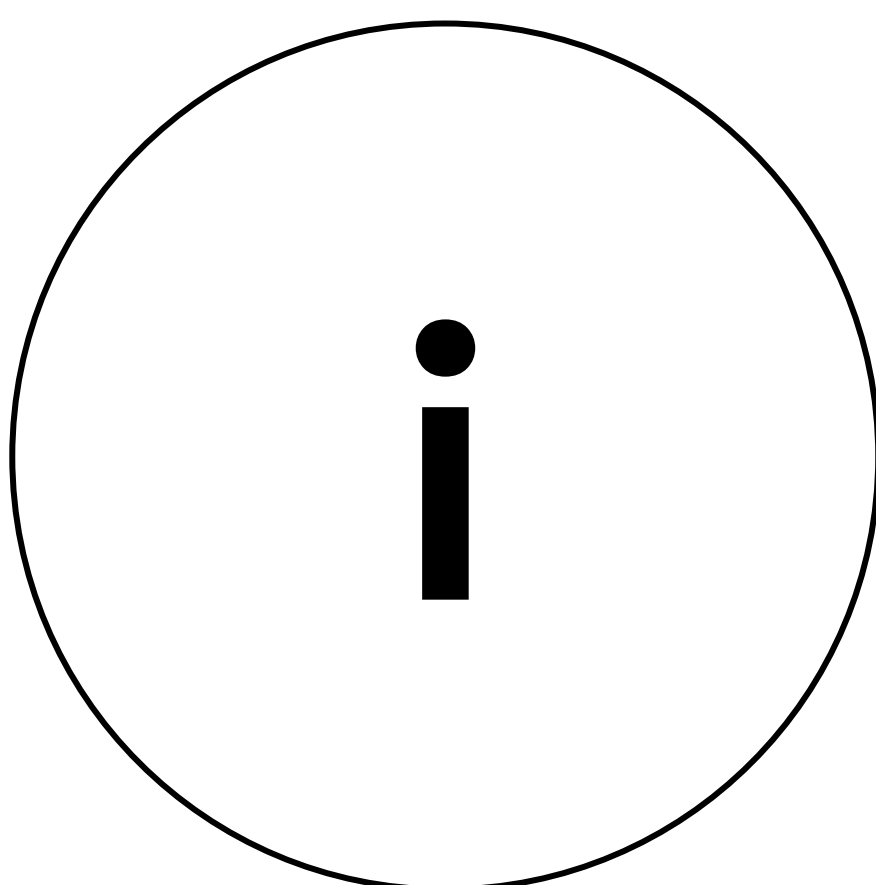
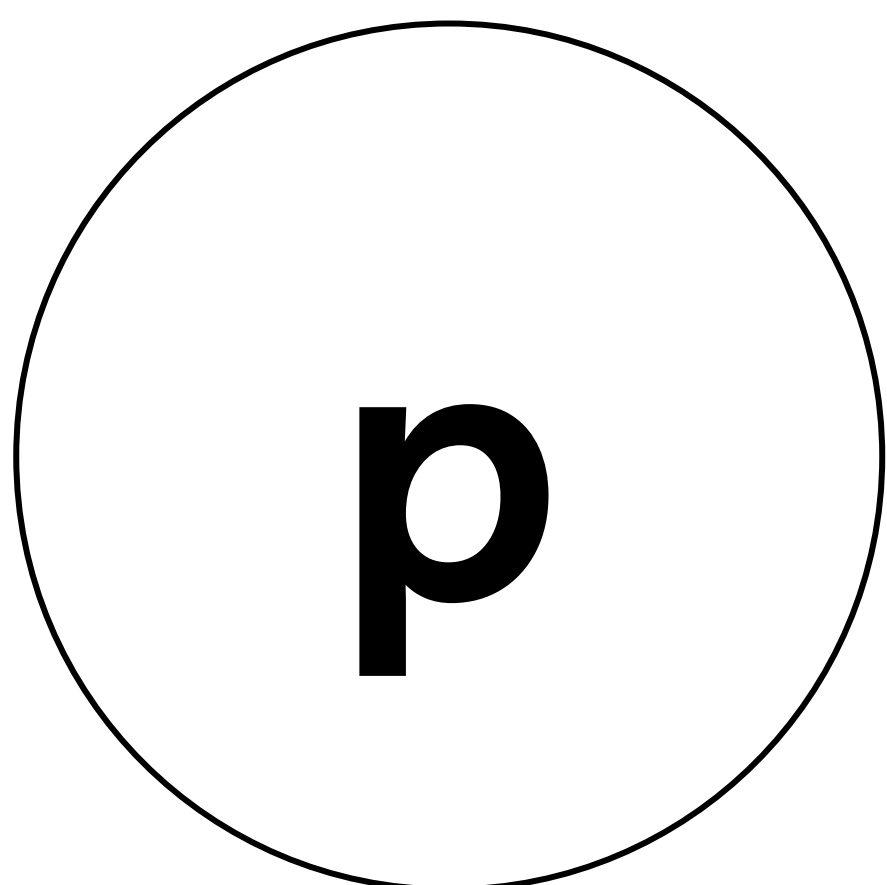
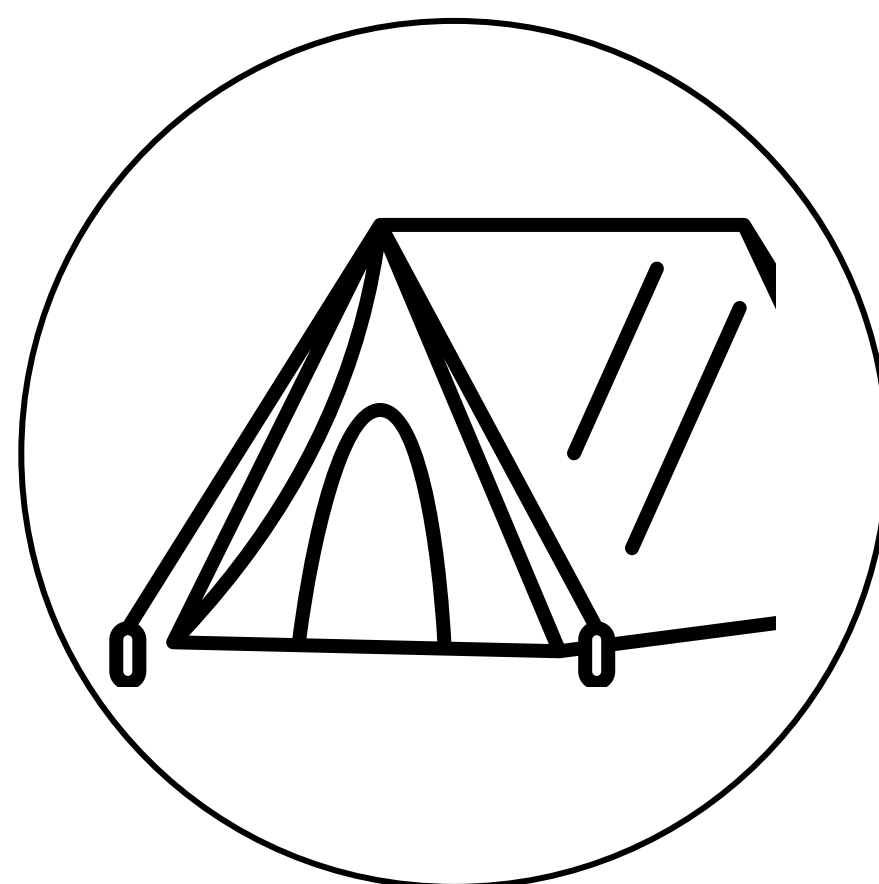
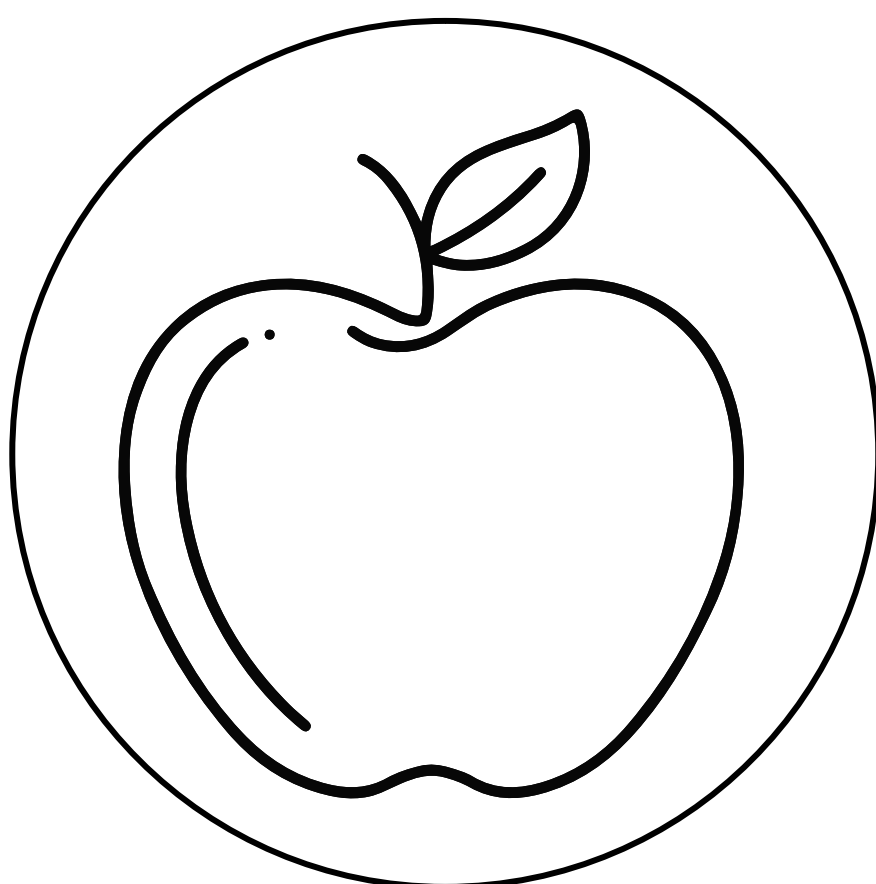
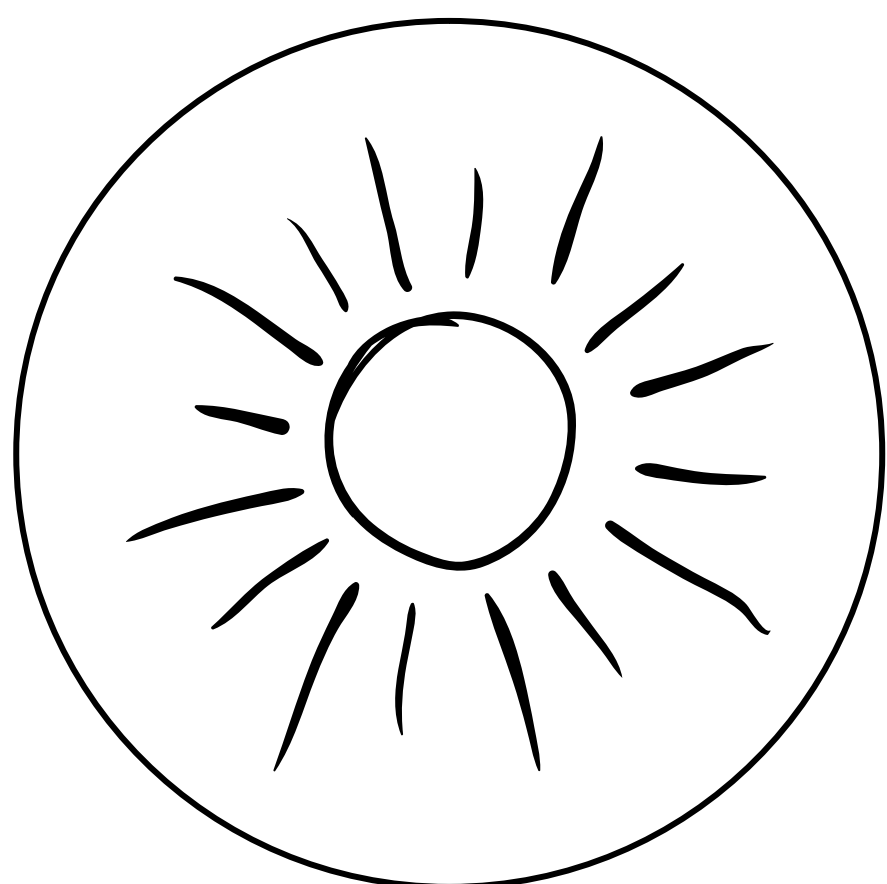
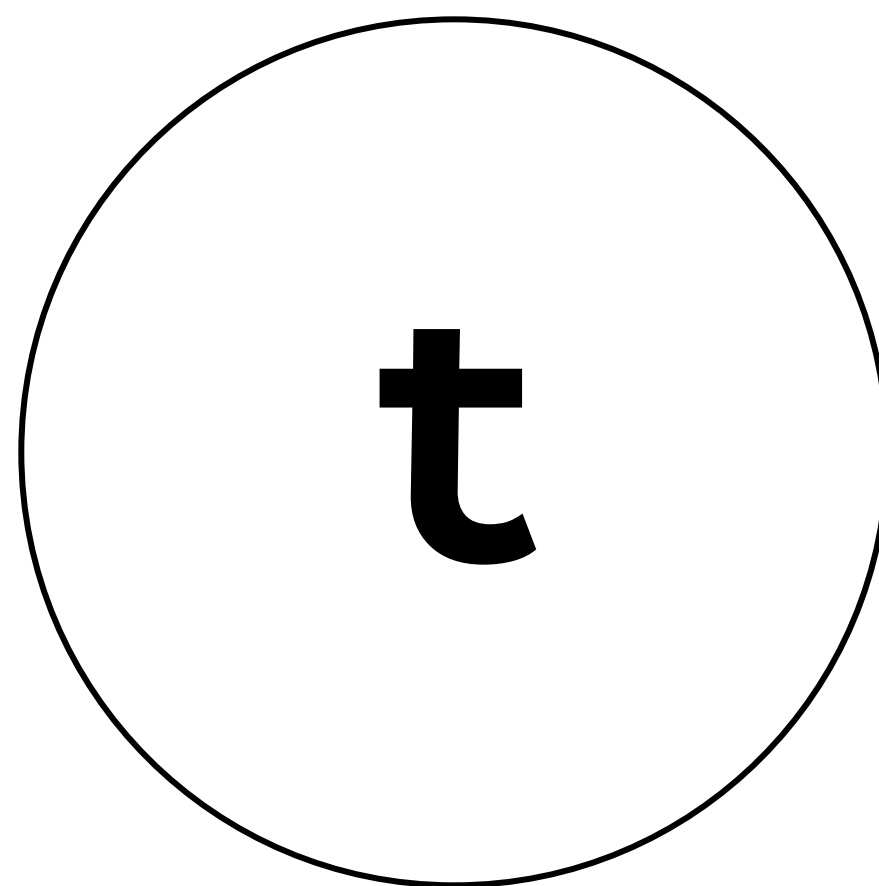
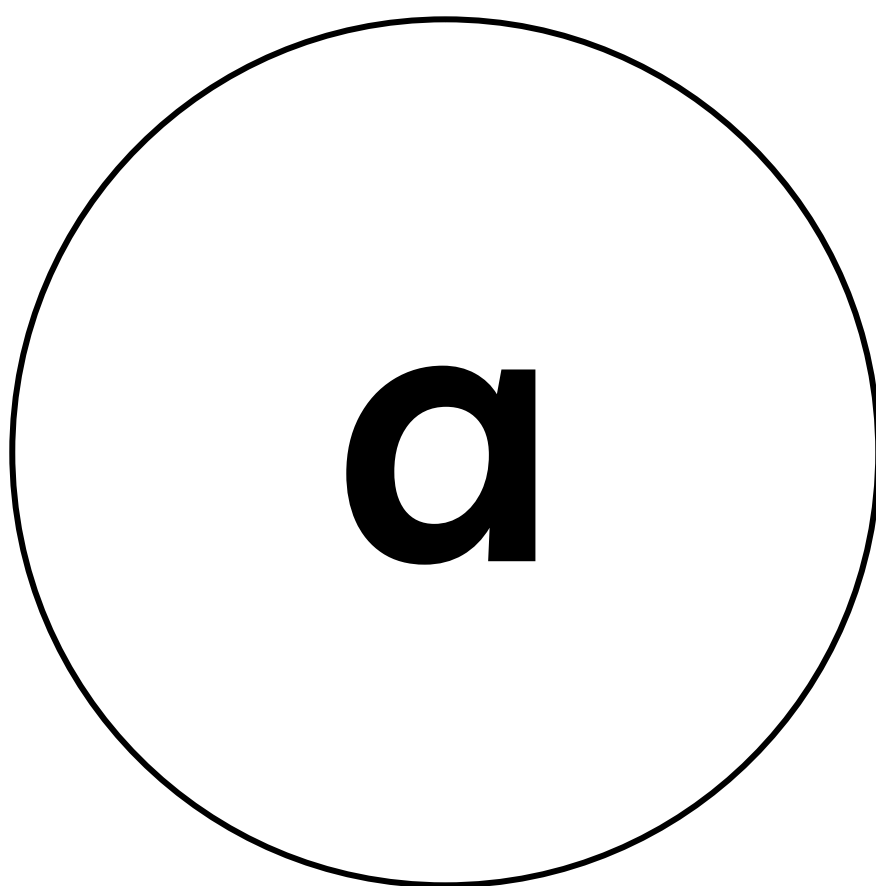
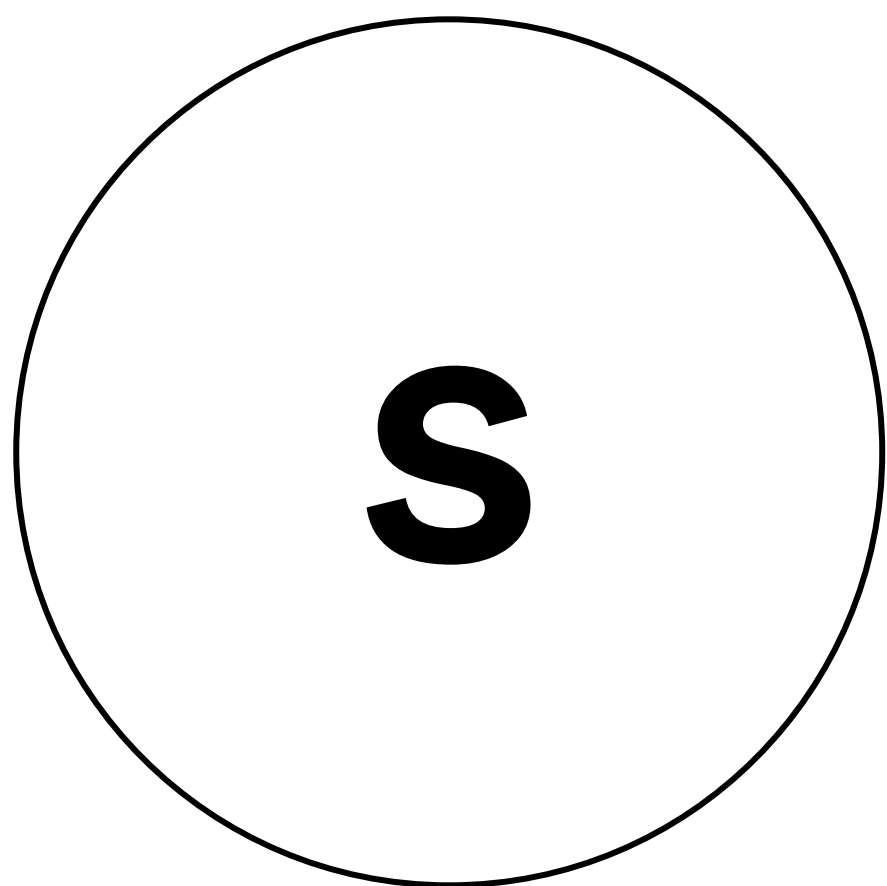
WHAT TO DO

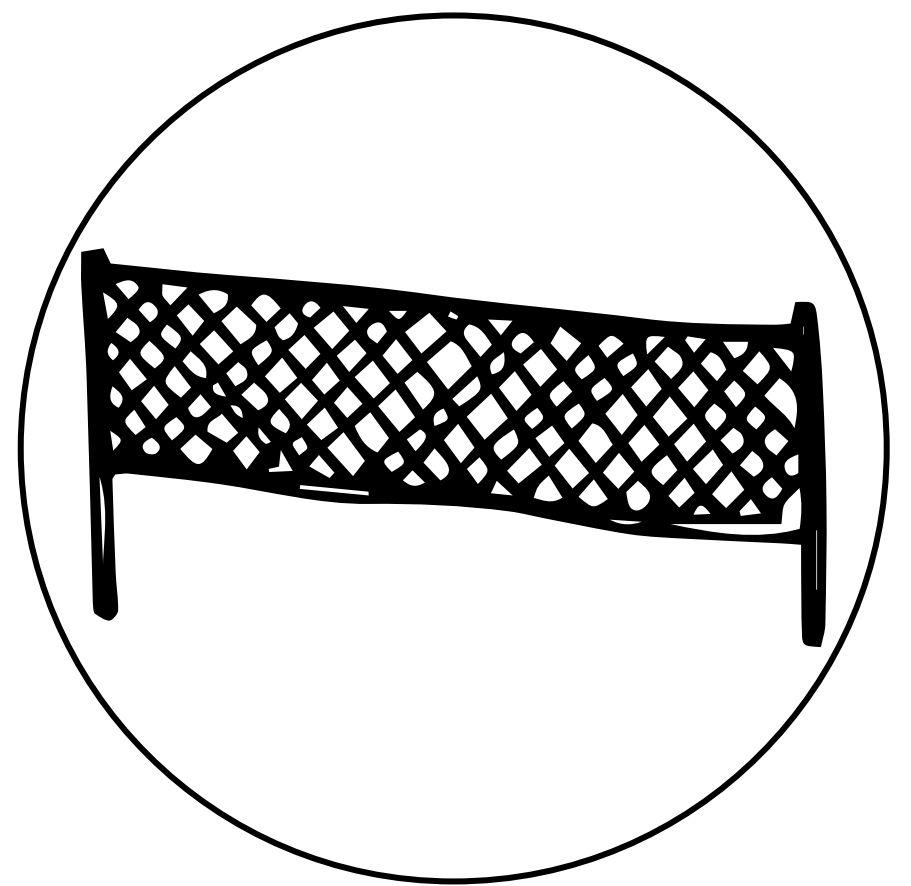
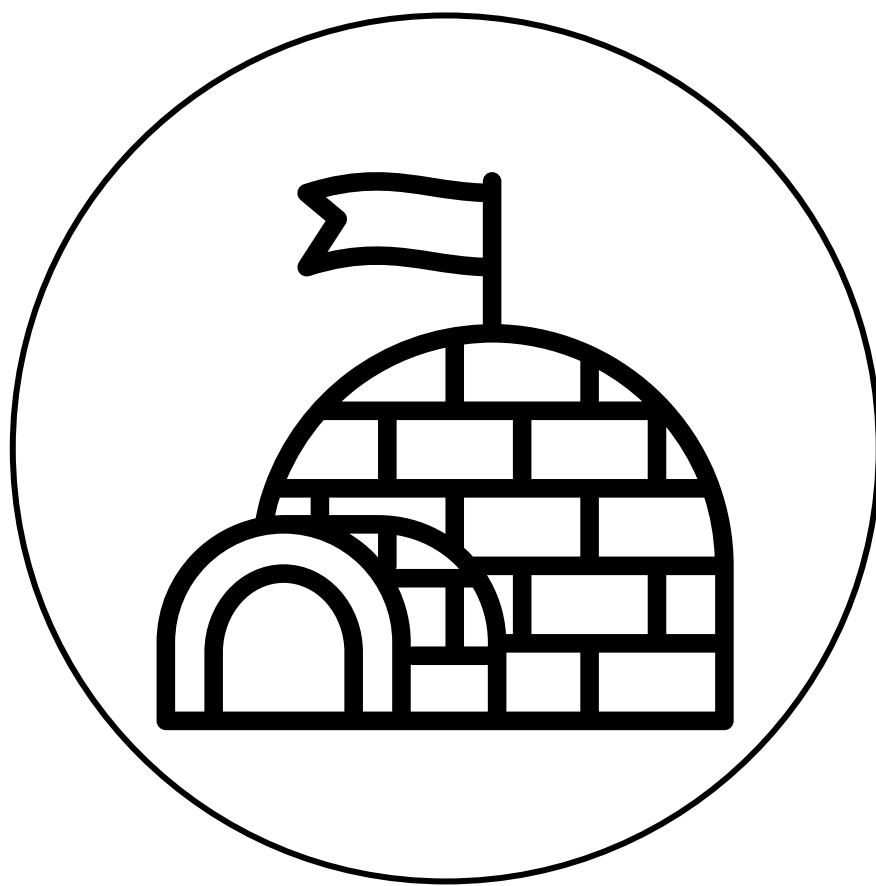
- Blu-tak flashcards onto the bottom of a wall and place a mark on the ground for where children should stand. Ideally children should stand one step away from the wall so that they need to reach their leg out from where they are balancing, in order to touch the flashcards.
- Call out a letter or object, and ask the child to tap the corresponding flashcard with their left or right foot.
- You can add a crossing the midline component into this activity by asking children to tap the flashcards that are positioned on their left side with their right foot, and the flashcards that are positioned on their right side with their left foot.

WHY IT'S IMPORTANT

- By positioning the flashcards on a wall down towards the floor encourages children to challenge their targeting skills and balance.
- The vestibular balance system is working while their head is facing down towards their feet.
- The somatosensory balance system is working while the ankle and foot is receiving proprioception information about whether the body is losing balance.
- The vision balance system tells the ankles and core muscles to turn on when the eyes see that the body is changing position.

Cut out and place the following letter circles onto the wall at varying heights

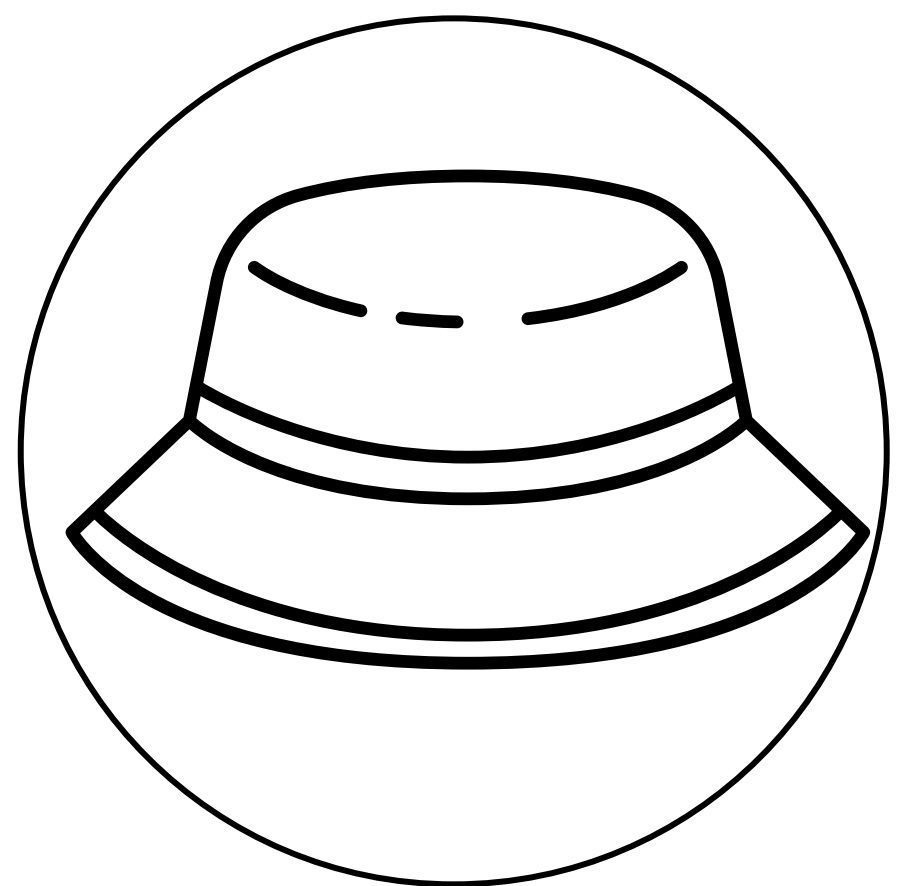
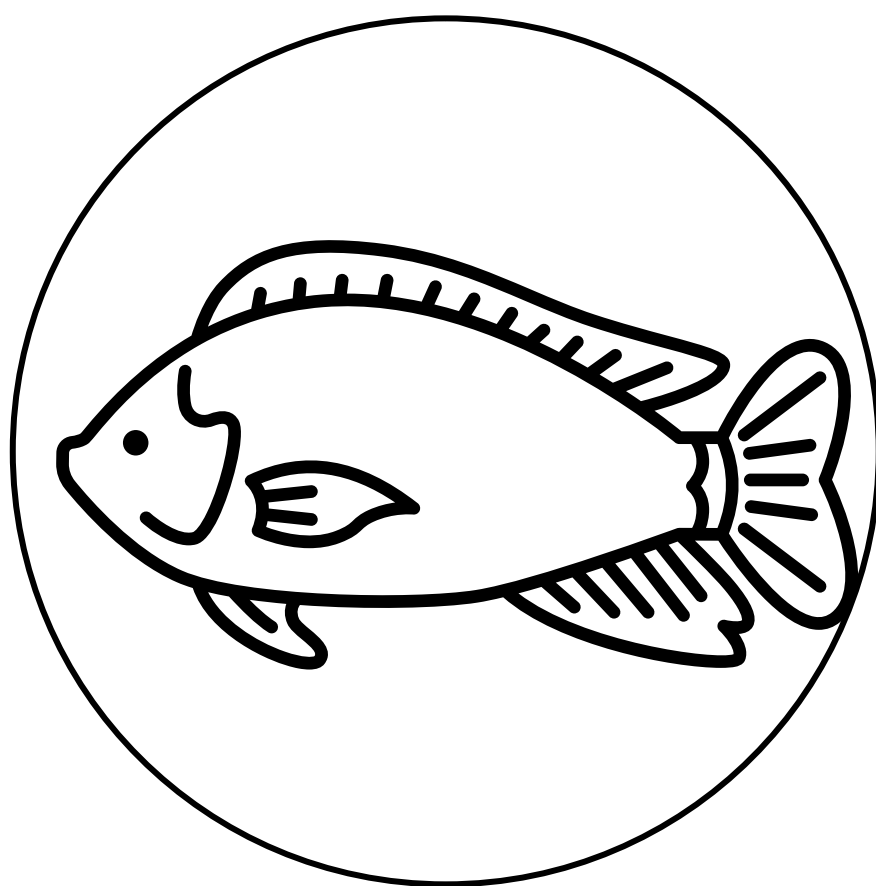
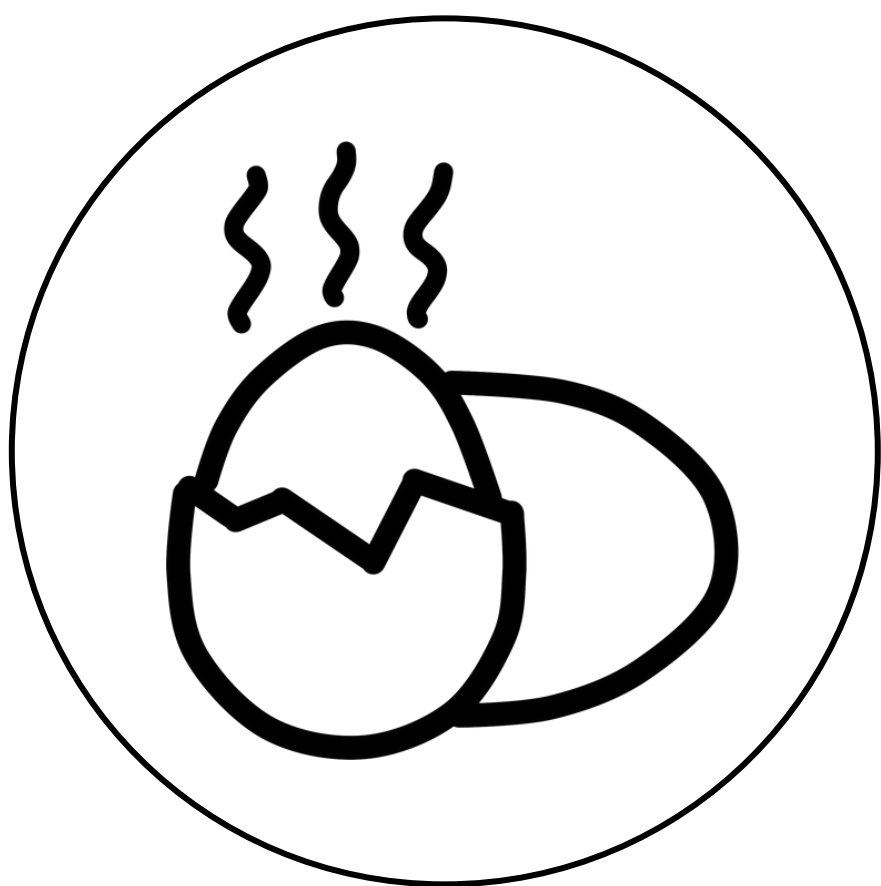




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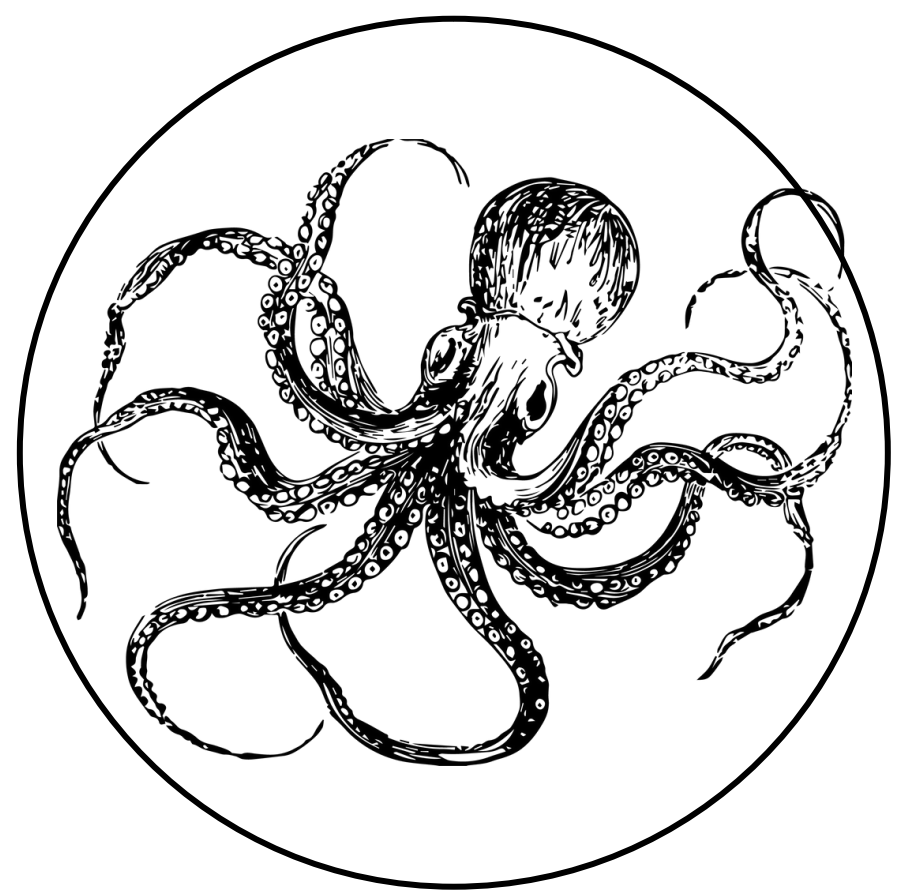
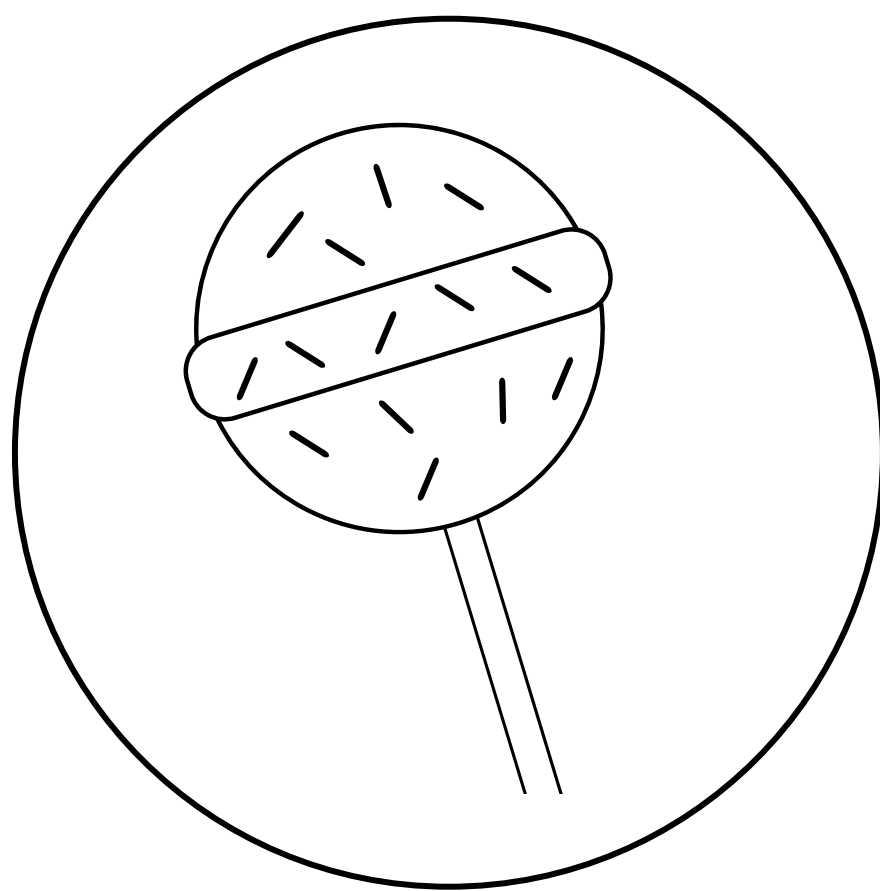
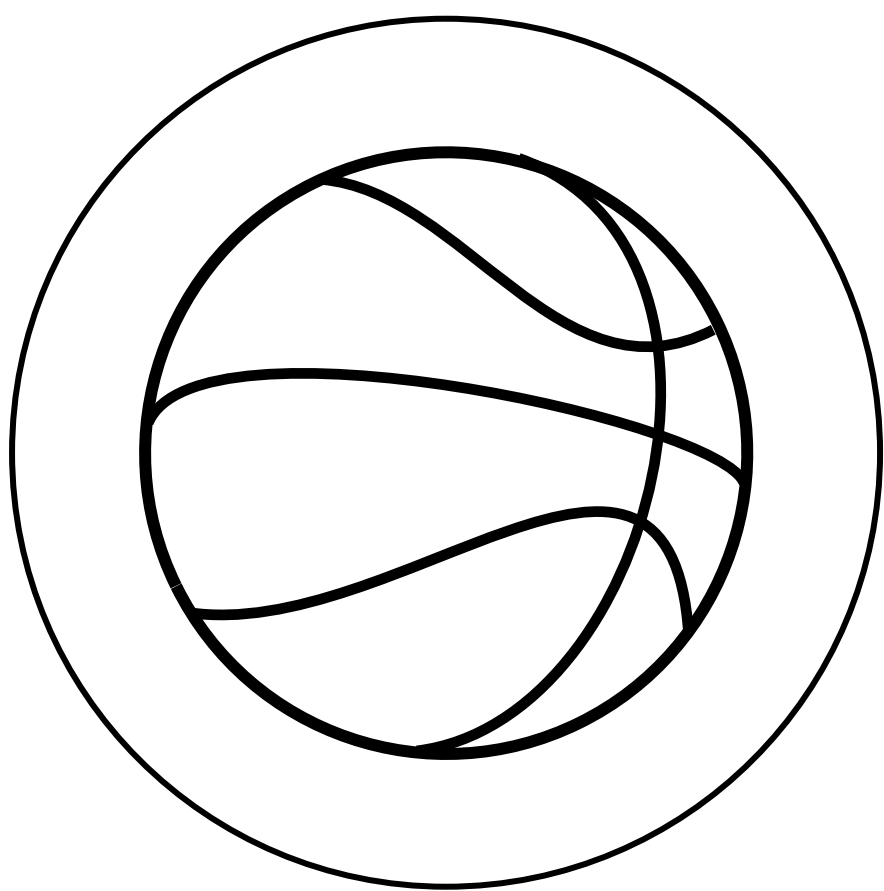
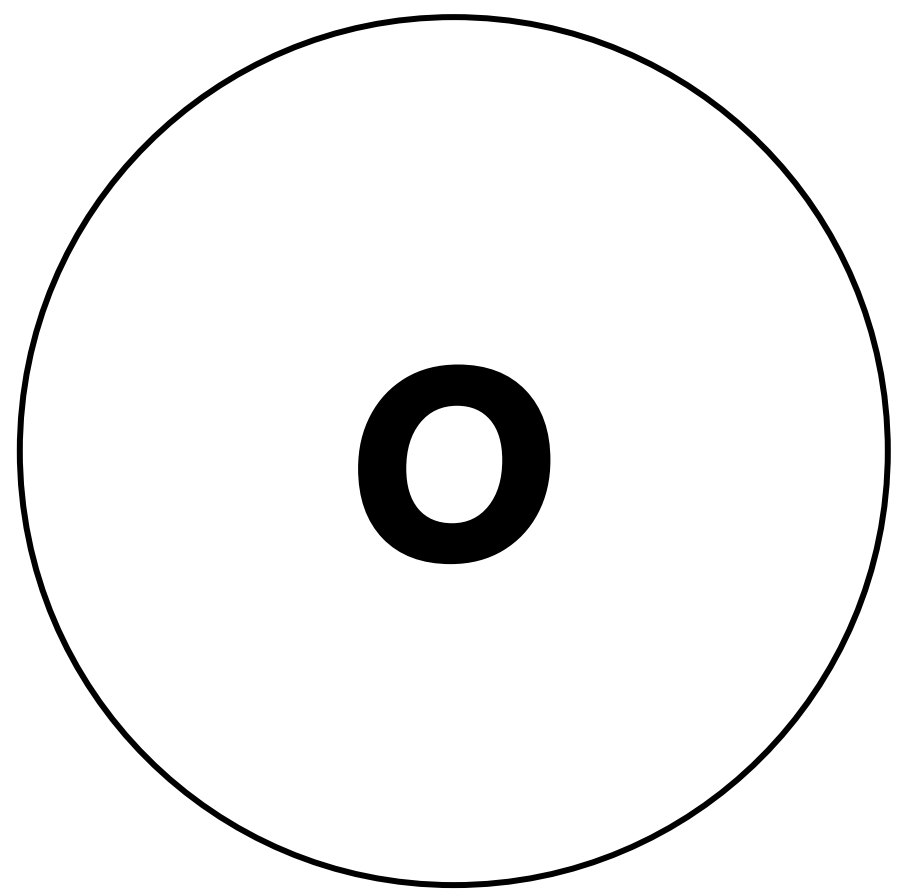
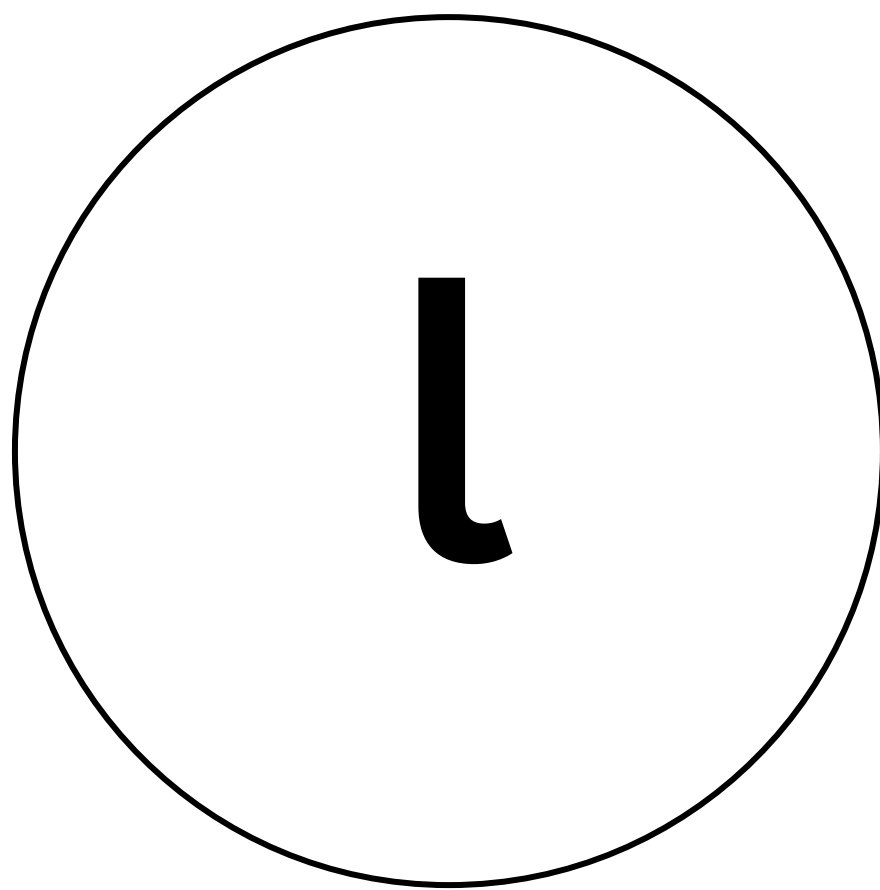
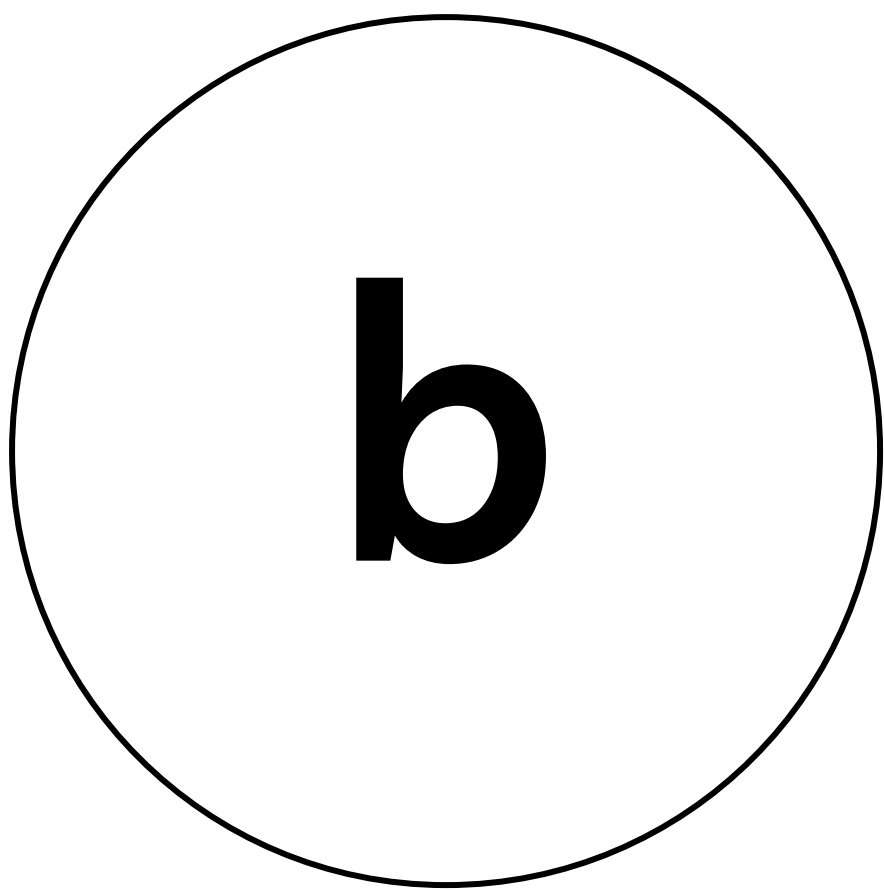
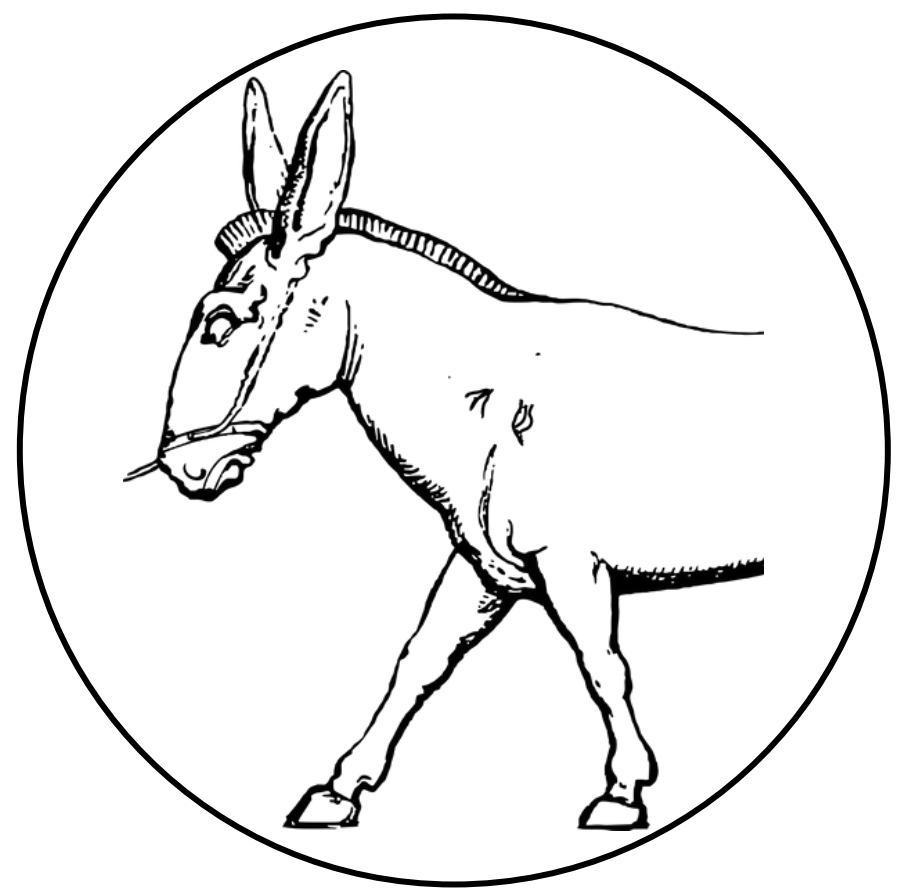
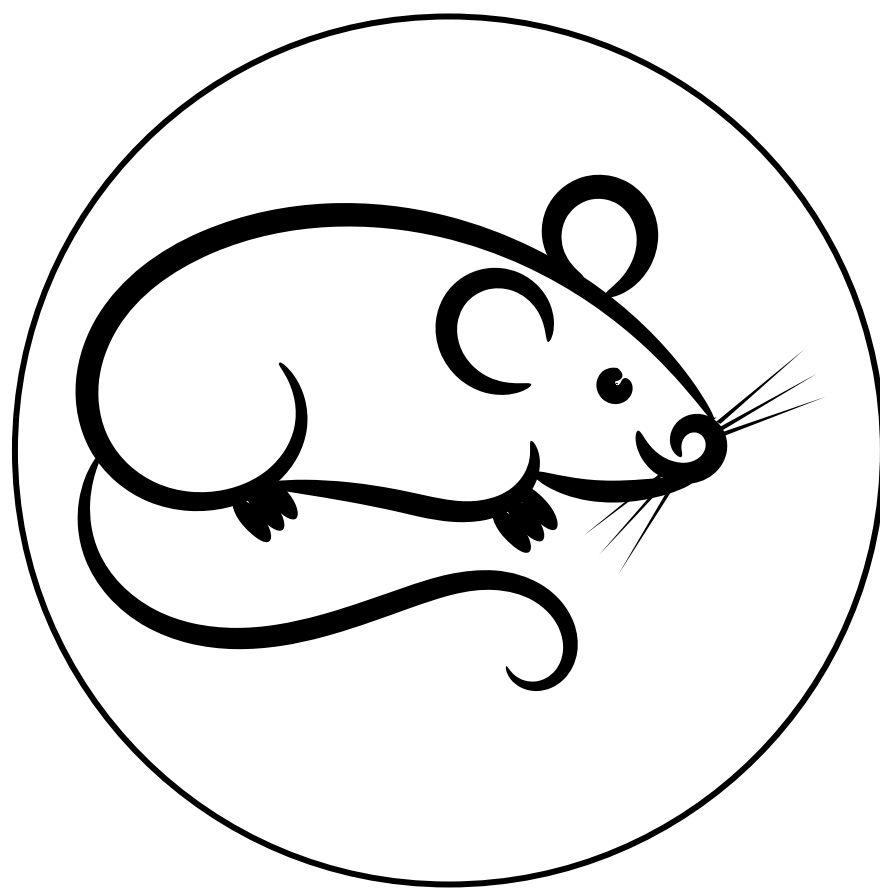
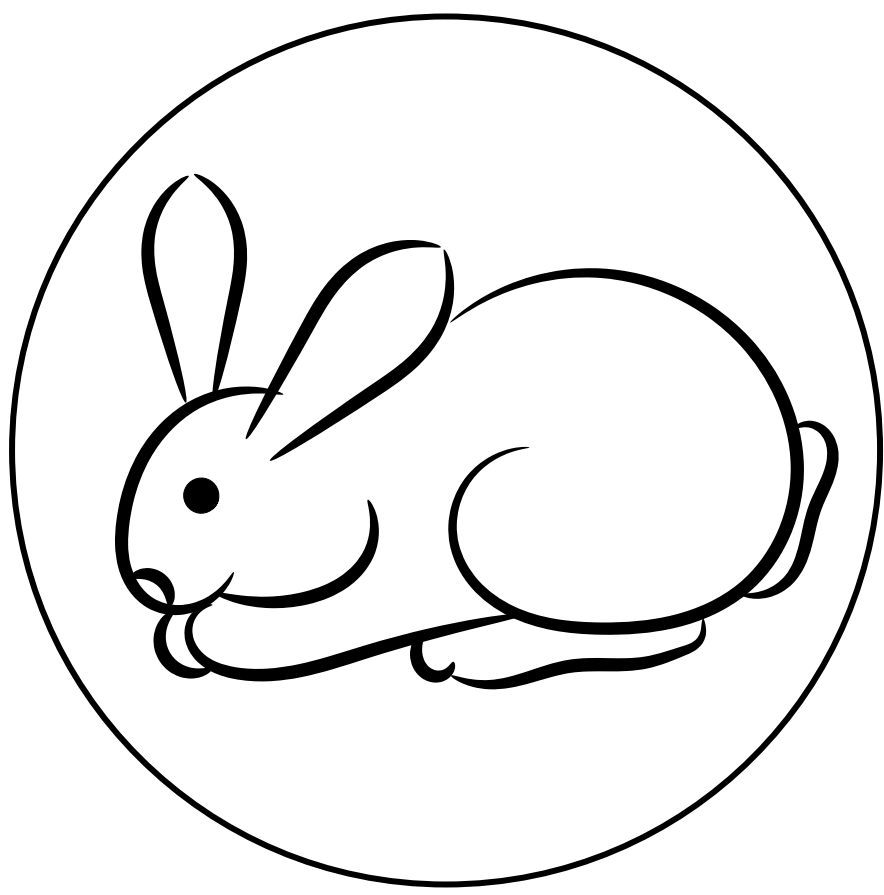
h



r

m

d



Spatial Awareness Movement Activities



CHOOSE A GROSS MOTOR MOVEMENT FOR THE FAMILY

Materials

- Print outs from booklet
- Dice if needed

WHAT TO DO

- Print out and cut the movement cards on the next page
- Place these cards staggered on the ground
- Encourage your child to choose a movement card for the whole family to do
- Roll a dice to see how many spins, hops, claps you need to do, or pick a number of the day and do 3 spins, 3 hops, 3 claps, etc.

WHAT TO LOOK FOR

- Observe how children complete each of the movements and keep record of those movements that they find easy, those they rush, those they try to avoid because they're finding it difficult
- Some children may struggle specifically with jumping on the spot with both feet leaving and landing the floor at the same time, some may struggle with spinning without feeling dizzy. Every child is different so it's important to practice all of the movements

WHY IT'S IMPORTANT

- The movements that are found on the next page are called fundamental movements. These movements are important for all of us as we use these skills to be able to participate in an active life
- I observe a large number of children who find these movements challenging may avoid participating in physical education. This activity is a fun way of mastering these skills without needing to learn each movement in front of their class

TWIST

SPIN

HOP

CLAP

MARCH

**JUMP BOTH
FEET**

STAR JUMP

CLAP

TOUCH TOES

FREEZE

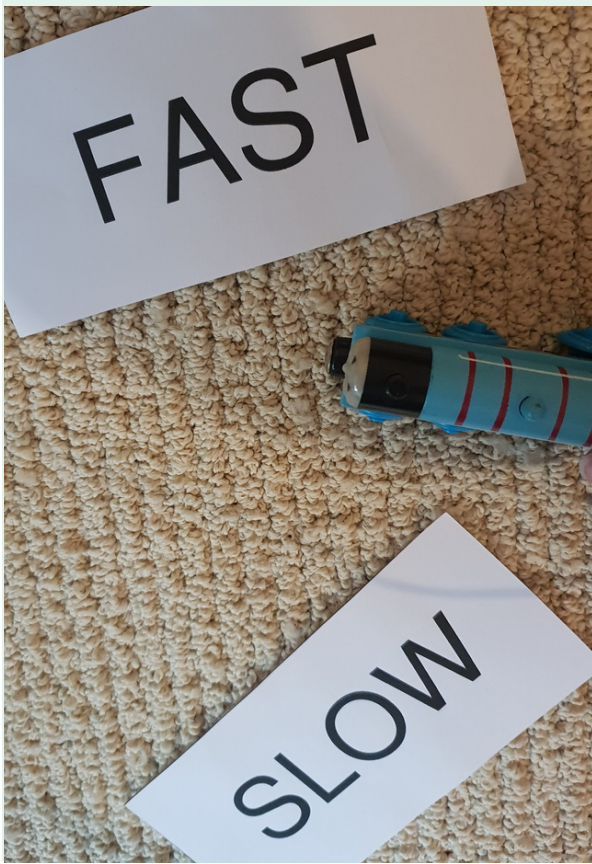
Spatial Awareness Movement Activities

Please complete the following exercises 3 times per week.
If you have any questions contact me @playmoveimprove

Activity	Image	Notes (what did you notice?)	Able to	Need help to do	Not yet able to
Bean bag or rolled up sock tic-tac-toe					
Tap balloon at wall targets					
Wrap ball around your body					

Spatial Awareness Movement Activities

Please complete the following exercises 3 times per week.
If you have any questions contact me @playmoveimprove

Activity	Image	Notes (what did you notice?)	Able to	Need help to do	Not yet able to
Drive train or car to the speed of the signs					
Tap foot onto letter or object flashcard					
Choose a gross motor movement for the family					

Before screen time I need to

Complete all of the activities 3 times per week, or pick
1 to 2 of the 6 activities to do daily

Movement activity	M	T	W	Th	F	Sa	Su
Bean bag or rolled up sock tic-tac-toe							
Tap balloon at wall targets							
Wrap ball around your body							
Drive train or car to the speed of the signs							
Tap foot onto letter or object flashcard							
Choose a gross motor movement for the family							