

# Thera *kids*

Presidents Day

Most folks are as happy as they make up their minds to be.

**Abraham Lincoln**

## ADDRESSING THE NEEDS OF EDUCATORS AND PLANTING THE SEEDS OF CLASSROOM WELLNESS.

### SPATIAL AWARENESS

Spatial awareness is defined as the ability to be aware of oneself in space. It is the capability to see two or more objects in relation to each other and to self or to recognize the distance between objects. Without spatial awareness a student may appear clumsier because of the inability to analyze how far down the next step would be or how close he is to an object. Without good spatial awareness, it is difficult to understand the location of an object as well as the distance, speed and placement (under, over, behind etc.).

Children who have difficulty in this area may:

- Struggle with visual perception skills.
- Appear clumsy or bump into objects.
- Have difficulty organizing written work.
- Struggle with positional language and right/left discrimination.
- Struggle with playing games or in P.E.
- Touch their hands to the wall while walking down the hallways.
- Have poor presentation skills because they are unsure how to arrange the information on the page.
- Struggle with understanding abstract math concepts.
- Reproducing patterns and shapes.

Strengths may include:

- Good auditory memory.
- Confident speakers and listeners.
- Good verbal comprehension skills.
- Good verbal and non-verbal reasoning.



Crowding or bumping into someone in line.

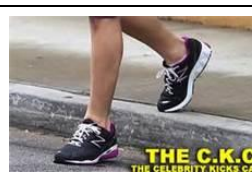
Difficulty organizing shapes on a page by size



Falls down a lot or runs into objects.



Difficulty identifying right from the left.



Difficulty stepping on or off a curb.

#### IDEAS FOR THE HOME OR CLASSROOM

- Discussing locations of objects like “the book is **under** the table”.
- Have the child find an object by giving instructions on where to locate.
- Make up a game stating which object is farther away vs. closer to you.
- Robot games - the child pretends to be a robot and the parent gives directions such as turn right at the tree or step over the rug.
- Simon Says - use crawling tunnels, stepping over blocks, turning to the right etc.
- Jigsaw puzzles or arranging 2D and 3D shapes
- Use pictures as a guide to build a model.
- Climbing
- Action songs using different body parts
- Movement games or balance activities
- Following dictated and written directions
- Walk along side of a line on the floor. First on the right side and then on the left side of the line.
- Draw a person. Encourage the child to look carefully at the position of the features on a real person.
- Copy patterns or shapes using dots as a guideline to reproduce.
- Twister, Tag, obstacle courses, Follow the Leader etc.
- Make a game out of how many paces it takes to walk the length or width of the room.
- Blow bubbles and discuss how and where the bubbles float and land.



Difficulty putting shapes into proper holes.



Hands on the wall as a child walks

<http://occupationaltherapyforchildren.over-blog.com/>  
<http://www.kidsdevelopment.co.uk/spatialawarenessyoungchildren.html>  
[http://www.ehow.com/info\\_12110702\\_spatial-awareness-games.html](http://www.ehow.com/info_12110702_spatial-awareness-games.html)  
<http://www.teachingexpertise.com/articles/activities-to-develop-spatial-awareness-1109>  
<http://www.blurtit.com/q538452.html>

