

# Body Awareness

## Worms in blankets

### Purpose

To reinforce body awareness through movement.

To Improve dressing skills

### Activity

Using sacks, the children to put their legs into the sack while sitting on a chair, then wriggle across the floor.

### Make it easier

Have the sack open ready for the children to put thier feet in.

### Make it harder

Give the sack to the child so they have to find the opening.

Put the sack on sitting on the floor.

Stand up from the chair before stepping in.

Share the sack between two so they have to put it on and off each time.

Put a label inside the top of the sack, this should go to the back.

### Observations

- Do the children manage to find the opening of the bag and get their legs in wthout falling off the chair?
- Do they put one leg at a time into the bag or both together?

#### Also:

Postural Control  
Planning & Sequencing  
Body & Spatial awareness

#### Equipment

Sacks/rubble bags  
Mats

