

## **Body Awareness - Level 3**

### **3.3.1 Big Bear Says**

Children sit in a circle and “Big Bear” says activities to do e.g. “Big Bear says put hand on head” Children initiate tasks, if unable “Big Bear” does action so children can copy.

#### **Purpose**

To promote listening skills

To promote planning skills

To increase body awareness

#### **Observations**

Can child do activity without copying, just hearing instruction?

Can they plan the action?

#### **Equipment**

None