

Body Awareness - Level 1

1.3.1 Peek - A - Boo

Sitting or lying. Cover the child with material (e.g. scarf) then pull off material (or encourage child to do this if able) saying peek-a-boo and smiling! This can be done individually or in a group.

NB – If the child does not like being covered by the material use hands initially.

Purpose

To Promote form constancy.

To promote awareness of self.

To promote anticipation.

Observations

Does the child react to the activity – positively or negatively?

Will the child pull the material off themselves?

Do they anticipate what will happen, when the activity is repeated?

Equipment

Material e.g. scarf.

Mirror to watch selves during activity.