

# **Body Awareness - Level 1**

## **1.3.3 Come in from the Cold**

Sit in a circle, put on large socks or hat, encourage the child to remove (using demonstration or hand on hand initially) when they can remove socks or hat then progress to mittens.

**NB** – Child may need to look in mirror to see hat.

### **Purpose**

To promote own body awareness

To promote dressing skills

### **Observations**

Does the child attempt to remove items?

What assistance do they require if any?

What items will they remove?

### **Equipment**

Socks – not too tight

Hats

Mittens

Mirror