

Body Awareness - Level 1

1.3.5 Sensory Stroll

Create an obstacle course that provides sensory feedback, using a tunnel, a musical mat, different materials (e.g. bubble wrap, soft scarves, corrugated card, insulating shiny blanket) and a large tray with sound discrepancies. (e.g. jelly, cornflakes). Encourage child to crawl or walk over and through these.

Purpose

To promote body awareness through tactile stimulation.

To promote proprioception.

Observations

Will child walk or crawl over all items?

Which do they like and dislike?

Equipment

Tunnel

Musical Mat

Sensory material

Large tray of fillings