

Body Awareness - Level 2

2.3.2 Body Sculptures

Sit in a circle holding the lycra material. Children take turns to go under the lycra. Stretching the material using either their hands, feet, arms, legs or head to make body shapes.

Purpose

To promote body awareness.

To promote proprioception.

To provide tactile information.

Observations

Will child use sufficient pressure under the lycra to make shapes?

What is the child's reaction to the activity?

Equipment

Lycra material