Activities for Developing Body Concept

Development of body concept is important to develop at the primary level. Body concept is "an awareness of the shape, size and movements of all parts of the body." This skill is necessary for all sports, for printing and writing, and for distinguishing directions such as left, right, up, down, etc.

Following are some activities you could do with your child at home in order to help him/her further develop body concept.

- Encourage him/her to try different gaits or postures (i.e. running, hopping, marching, skipping, crawling, sliding, etc.)
- Encourage him/her to travel in different directions (i.e. forward, backward, sideways, etc.)
- Encourage him/her to move at different speeds - from very slow to very fast
- Encourage him/her to climb, swing, use a teeter-totter or slide, etc.
- Encourage him/her to crawl in and out, over and under objects such as chairs, tables or cardboard boxes with holes cut out of them
- Help your child learn the names of the body parts (i.e. elbow, knees, thighs, ankles, calves, wrists, etc.)
- Play a game whereby you call out body part names such as head, chin, shoulder, knees, etc. and your child touches these body parts with eyes open and closed.
- Have your child balance on one foot with eyes opened and then closed.
- Play "Simon Says" with your child