

Games & Activities to Help Develop Spatial Awareness

Action Songs & Games – to develop awareness of different parts of the body and whether they are on the left or right, for example, 'Simon Says' or 'Twister'.

Movement Songs & Games - to develop awareness of their place and position in a space, for example, 'Going on a Bear Hunt' or 'Head, Shoulders, Knees and Toes'.

Directional Games & Activities – to develop understanding and language of directional instructions, turn left/right, straight on, backwards, forwards, up, down etc... Simple map work or Treasure Hunts (give verbal instructions, one at a time to start with, increase as their skill level improves).

Climbing & Crawling Activities- to develop awareness of their position, others and objects in the space. The activities can also be used to support directional language. Use small and large objects to create an obstacle course to climb over, crawl under, between, next to, on the left of or right of, behind, in front, on top, underneath, below or opposite.

Balancing Activities – to develop body awareness such as 'Musical Statues', 'Statues', 'Tightrope Walk' or 'Foot Prints' (cut out foot prints marked left & right are set out at different distances and direction to follow and stand on by the child, if they miss or wobble off track they have to start again. Once completed it is their turn to make a track for you).

Observation Activities – to help develop understanding and awareness of where and how close or far apart objects or features are in relation to one another. When drawing for instance a person, take time to look at what a person really looks like and what appears next - head, neck, shoulder trunk of body etc... Fuzzy Felt can be used the same way to create more accurately positioned scenes.

Make Patterns – to help develop placement relationships and language. Talk through the process of making the same pattern as shown on a card or already produced to be copied, for instance the red square goes on the right of the blue square and the yellow square is to go below the blue square. Ask your child to verbalise what they see and are doing to recreate the pattern. Patterns can be created and copied with all sorts of items - beads, building blocks, lego, and shapes. As skill levels improve tessellation (a pattern of shapes that fit perfectly together) activities and square or patterned paper for colouring and creating their own pattern designs are enjoyable.

Jigsaws & Model Making – to help develop placement relationships and language. Talk through and explain how to begin the puzzle and what to look for, ask them to explain to you their method and how they are going to begin. Start with jigsaws that are suitable in size and complexity for your child, if they are too difficult they will become frustrated and unwilling to try again. Use cards showing models for them to recreate again, make sure they are of a suitable level. You could make one up so that they can pick it up and really look at it and talk through the model before having a go themselves or do it together talking through the making process (without taking over) so success on their part is assured.