

Body Awareness

Body awareness is one of the important foundations upon which children develop good movement skills. Children organise the sensations they feel (sensory input) into an internal picture of their body (body image). This awareness enables them to understand their bodies better, including a perception of:

- what their body parts are
- the dimensions of their bodies, including size and weight
- what shapes their bodies can make and how they fit into the different spaces in the world around them
- what movements their bodies can do

Good body awareness relies on good sensory processing. Three senses in particular are important in this area:

