

Touching and perceiving Body awareness



Activity: Moving with body songs

Set-up of the activity

Possible songs: The wiggle song; Head, shoulders, knees and toes; If you're happy and you know it; My hands upon my head I place; Hokey pokey; The body parts song.

0-2

- Sing a song that includes movement of the body or touching different body parts.
- Choose a suitable way to guide the client, such as hand-over-hand or hand-under-hand guidance.
- Choose songs that are appropriate to the developmental level and age of the client.
- Make the appropriate movements together with the client.
- Let the client make the movements by himself while singing the song.

2-4

- Let the client choose from two songs by singing a line and making the appropriate movement.
- Let the client choose from several songs.

Points for observation and focus

- Be aware of the client's reaction. If he exhibits defensiveness, gradually build up the activity or limit the movements.

Can also be used in the categories

- Noticing (NT)
- Proprioception (PC)