

## Touching and perceiving Body awareness



### Activity: Dragging over the floor

Dragging over the floor can be done on a rug or a mat. This makes the client aware of the body and which movements are made.

### Set-up of the activity

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- First, sit together with the client on the rug or mat.
- Start with making small movements on the rug without really moving the client.
- State whether the client is sitting or lying on his back or stomach.
- Tell him that you are going to pull the rug and count to three before you begin. At the beginning, do this very slowly so that the client doesn't panic and has time to perceive what is happening.
- Go faster if the client finds it pleasant; keep an eye on safety.
- While moving the client, state that the client is sliding on his bottom or on his back or stomach.
- State where the client is in the room while moving him.

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- Ask the client to lie down on his stomach or back and check whether he knows how to do this.
- Ask the client whether he wants to be pulled faster or slower.
- Stop every so often and let the client indicate when you should proceed.
- Continue naming the body parts.

### Points for observation and focus

- Take special notice of whether the client is too anxious about the activity. If this is the case, stop and build up the activity more gradually. Stop the activity completely if it remains unpleasant for the client.
- Make sure the client sits or lies comfortably and firmly before you start dragging. If necessary, support the client with pillows and or blankets if he cannot lie down comfortably on his own.
- Observe whether the client understands how he should lie down, especially when you ask him to lie down on his stomach or back.

### Alternative materials

- Let adult clients feel the experience of moving by using a shower stretcher. State how the client is lying on the stretcher and make sure he doesn't roll off.
- You can also move the client in the wheelchair. Each time move him a small distance, then stop and state this. Or you can move him very fast and then slow. You can also vary this activity by placing the wheelchair slightly more upright or more slanted backwards.

### Can also be used in the categories

- Proprioception (PC)
- Tactile-spatial perception (TSP)