

Touching and perceiving

Body awareness



Activity: Playing with boxes

The boxes can be in different sizes.

Set-up of the activity

0-2

- Begin with a box that the client just fits in. The borders of a box or crate increase the body awareness in young children.
- Let the client experience the sound a box makes when you tap it.
- Together put objects in the box and take them out.

2-4

- Let the client feel the difference between boxes of different sizes, such as a television box, removal box or a shoebox.
- Let the client experience whether he fits in the various boxes. Ask: "Can you lie down or stand in the box?"
- Ask the client to stick out his arms and legs to experience the size of the box.
- Let the client feel elements of the box and name these: bottom, side, top, flaps, lid, wall.

4-6

- Let the client choose a box that he can sit in.
- When the client is seated in the box, ask: "Where is the side, and the top? Is your head resting against the top or the side of the box?"
- Create windows and a door in a box. Ask the client to stick his arm or leg through the window or door.
- Ask the client whether he fits through the door.

Points for observation and focus

- Observe whether the client sticks out his arms or legs to feel the walls of the box.
- Observe whether the client adjusts his movements and posture to the size of the box.
- Observe whether the client can assess what fits in something, thus without first touching.
- For young children, create a house from the box. Also create a door that they can crawl through.

Alternative materials

- Crawl tunnel.
- Playhouse.
- Table or other large furniture.
- Play tent.

Can also be used in the categories

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