

Touching and perceiving Proprioception



Activity: Building with blocks

Set-up of the activity

Building a playhouse or tower with extra big blocks or maxi duplicate blocks (Lego)

0-2

- Build a tower together with big soft blocks.

2-4

- Let the client explore an already built playhouse: the roof, walls, door, windows.
- Let the client make a row with maxi blocks.
- Let the client build a wall with maxi blocks.
- Let the client build a high tower with maxi blocks. What is bigger: the tower or the person who built the tower?

4-6

- Let the client explore an already built playhouse: the roof, walls, door, windows.
- Together build a house from maxi blocks with a door opening and a window. Explain how the blocks should be connected to each other so that the construction is sturdy and does not move.

Points for observation and focus

- Check whether the client can exert sufficient pressure to secure the blocks.
- Observe whether the client can perceive differences in height.
- Check whether the client knows the various terms.

Alternative materials

- Wooden blocks.
- (Weighted) shoe boxes.
- Very small stones and glue; glue them together.
- If this is feasible: watch and experience the construction of a real log cabin, a gazebo or a real house that is laid brick by brick.

Can also be used in the categories

- Two-handedness (TH)
- Tactile-spatial perception (TSP)