

Essential ingredients for healthy development

SENSES

Body awareness

(also known as our Proprioception sense)

We use our muscles and joints to know where our body is in space. We learn how to move our bodies without needing vision (walking without looking at our feet) and how much pressure we need to use to grab or hold objects. This also helps make complicated movements look easy smoothly such as running, dancing and handwriting. Deep pressure and using our muscles against resistance can be really calming for our bodies and important to include everyday to help children feel safe in their body, improve focus and be ready to learn.

Activity ideas

- ➔ Give your child lots of opportunities to push, pull, jump and roll.
 - » Jumping in puddles or making your own mud pit.
 - » Climbing a tree, monkey bars and rocks
 - » Crawling in/around small and tight spaces - building obstacle courses

- ➔ Encourage your child to use their muscles to work

- ➔ Digging in the dirt or sand, filling buckets of water/sand/dirt to lift and carry.

- ➔ Building, and dismantling, cubby houses or teepee tents

- ➔ Fishing, bushwalking (particularly with packs), rock climbing, surfing and bike riding.

Play,
movement
and time
outside



Make it easier

- Start small and work with your child's strength and abilities.
- Offer regular rest breaks.
- Mix up using different groups of muscles - if the legs are tired can you do an activity that uses more arm strength

add challenge

- + Add time, speed and competition to encourage your child to run faster, jump higher and work harder and longer in a fun and playful way.