

Body Awareness Activities:

1. Resistive Exercise Activities: jumping jacks, trampoline, crab walk soccer, riding a bike
2. Exercise with light weights (i.e. water bottles with colored water or sand) or resistance bands.
3. Play catch with a large ball or a weighted ball.
4. Set up an obstacle course with climbing, jumping and balance activities.
5. Household chores with a resistive component such as digging in garden, weeding, carrying: groceries, laundry or trash, raking, vacuuming.
6. Right – left awareness – Simon Says challenge, Twister, LCR games.