Children’s Therapy Services

Patient Information

**Improving spatial awareness**

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| **Spatial awareness** | Spatial awareness is understanding-where you are in a space-how far away other things and people are |
| **Where is what?**Image result for kettle is next to toaster | Discuss the location of objects.Example:The Kettle is**in** the kitchen**on top** of the counter**next to** the toaster |
| **Toy detective**Image result for toys in bedroom | Hide a toy in your child’s bedroom.Give instructions where to find it. |

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| **Talking about pictures or scenery**Image result for   further away | Look at a picture. Talk about-what is closer?-what is further away? |
| **Action games**Image result for simon says | Play a game of* Simon says

or* I robot
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| **Building**Image result for building  wooden bricks | Make 3 dimensional shapes or buildings. |

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| **Making a model**Image result for step by step lego building guide | Use instructions to make a model. |
| **Obstacle courses**Image result for  obstacle course at home Related image | Make obstacle courses at home.Try obstacle courses in a park.You can use different things to make an obstacle course. |

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| **Puzzles**Image result for jigsaw puzzles | Make jig-saw puzzles. |
| **Throwing games:**Image result for throwing bean bags in hoopsImage result for throwing bean bags in bucketsImage result for throwing bean bags  over lines | Throw things at a target. Examples:Bean bags in a hoopBean bags in bucketsBean bags in shapesIf you do not have bean bags, you can use rolled up socks |

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| **Marbles**Image result for playing with marbles | Roll marbles into a circle. |
| **Skittles** | Knocking over skittles. |

**Contact details:**

Children’s Occupational Therapy

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