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](https://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjX4IaAs_XUAhXG1RQKHZzpAikQjRwIBw&url=https%3A//www.pinterest.com/pin/343399540317074023/&psig=AFQjCNFIoAl0xwUGHViudyrVgWw2wMytbA&ust=1499455990041492) | 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](http://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjVuL38s_XUAhUCsBQKHTYMD7AQjRwIBw&url=http%3A%2F%2Ffireangels.org%2Fkids-room-organization.html&psig=AFQjCNFyjfYqgCFKkzThqLX1NNu-PSctFQ&ust=1499456153357891) | 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](https://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwiX57SGtfXUAhXJ1xQKHZV-B6MQjRwIBw&url=https%3A%2F%2Fwww.pinterest.com%2Fpin%2F46513808625067628%2F&psig=AFQjCNES5QZyh368FAbeoLv-vnX-23YvJQ&ust=1499456532212044) | Look at a picture. Talk about  -what is closer?  -what is further away? |
| **Action games**  [Image result for simon says](http://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjhi4estfXUAhUEuRQKHdNBDXEQjRwIBw&url=http%3A%2F%2Fwww.safefood.eu%2FChildhood-Obesity%2FYour-Tools%2FBring-Back-Play%2FSimon-Says.aspx&psig=AFQjCNFqUYkfEWwT7TZcLk1eR8BYOrX62Q&ust=1499456614611908) | Play a game of   * Simon says   or   * I robot |
| **Building**  [Image result for building  wooden bricks](https://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjZ2aTMtvXUAhUHVRQKHTZTDeUQjRwIBw&url=https%3A%2F%2Fwww.spottygreenfrog.co.uk%2FMaple-50-Piece-Block-Set%2Fp-199-150-371-1986%2F&psig=AFQjCNFzEMcC2WRLBdVbv0q2vBIRrzLpSA&ust=1499456950545830) | Make 3 dimensional shapes or buildings. |

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| **Making a model**  [Image result for step by step lego building guide](http://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwje1oSNt_XUAhVFOhQKHUWeAs8QjRwIBw&url=http%3A%2F%2Fanoved.net%2Ftag%2Flego%2Fpage%2F3%2F&psig=AFQjCNH0qYzbjdAHPKoTBDrmYdiYaSSjpQ&ust=1499457060469950) | Use instructions to make a model. |
| **Obstacle courses**  [Image result for  obstacle course at home](http://dallas.citymomsblog.com/soar-into-healthy-habits-indoor-obstacle-course-fun/) [Related image](http://www.learning4kids.net/2012/06/19/great-places-to-play-at-home/) | 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](http://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwiitJ3-tfXUAhXG8RQKHRQpBQoQjRwIBw&url=http%3A%2F%2Fngm.nationalgeographic.com%2Fgames-puzzles&psig=AFQjCNG5i6_BL1YYTVx90Ap8FrXoFF31Gg&ust=1499456764589655) | Make jig-saw puzzles. |
| **Throwing games:**  [Image result for throwing bean bags in hoops](http://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwj585rOsPXUAhXDsxQKHQ8eDQgQjRwIBw&url=http%3A%2F%2Fwww.kidsadventures.org%2Fmedia%2Findoor-activities-for-active-kids&psig=AFQjCNG79uo3E7CRwdO8O7p7ISpGQwHv_Q&ust=1499455335208490)  [Image result for throwing bean bags in buckets](https://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjujIffsPXUAhXGQBQKHdvpA4kQjRwIBw&url=https%3A%2F%2Fwww.pinterest.com%2Fpin%2F42502790203582198%2F&psig=AFQjCNFDG39WcO4N7qpdIzeYPdkgS9-ocg&ust=1499455382767334)  [Image result for throwing bean bags  over lines](http://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjnzuH0sPXUAhVPrRQKHSytAL8QjRwIBw&url=http%3A%2F%2Fnurturestore.co.uk%2Fbean-bag-games&psig=AFQjCNGpyWyR88axtsJM2TpiQg39e8FOFw&ust=1499455424171870) | Throw things at a target. Examples:  Bean bags in a hoop  Bean bags in buckets  Bean bags in shapes  If you do not have bean bags, you can use rolled up socks |

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| **Marbles**  [Image result for playing with marbles](https://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjGoqCcsvXUAhVJbRQKHZDjAqMQjRwIBw&url=https%3A%2F%2Fwww.flickr.com%2Fphotos%2F91284361%40N04%2F8331903581&psig=AFQjCNHUyUz7rJtdW1jT3p_ryGSVpARfeQ&ust=1499455776379775) | Roll marbles into a circle. |
| **Skittles** | Knocking over skittles. |

**Contact details:**

Children’s Occupational Therapy

E-mail: epunft.OTenquiries@nhs.net