

Body Concepts

Examples of ways to support the development of **Body Concepts**:

- Learn the body parts - play games and sing action songs like "Head, shoulders, knees, and toes," or the Hokey-Pokey (Have fun!)
- Support your student to learn movement skills in gym class such as jumping, hopping on two feet/one foot, walk, run, slide, and skip through games and action songs. (Make it fun!)
- Support your student to learn parts of the body through life skills and daily routines in class.
 - E.g., "Lift your left foot to put your shoe on."
 - E.g., "Give me your right hand so I can put your mitten on."
 - E.g., "Put your hat on your head."
 - E.g., "Time to put your shoes on your feet."
 - E.g., "Your glue stick is at the top of your desk. Reach for it with your fingers and hand."
 - E.g., "Grab the toy with your fingers."
- Teach your student to turn their body to face the speaker (point your toes, square your shoulders)

Talk to your O&M specialist, Teacher for Students with Visual Impairments, Teacher for the Deaf and Hard of Hearing, and POPDB Teacher about strengthening body concepts.

Fazzi, D. L. (2014). Orientation and mobility. In C.B. Allman & S. Lewis (Eds.), *ECC essentials: Teaching the expanded core curriculum to students with visual impairments*, (pp. 248-323), AFB Press.