BUILDING SELF-AWARENESS THROUGH PLAYFUL INTERACTION

Laura Lamb, Presenter
WELCOME!
OBJECTIVES:

By the end of this training, participants will be able to:

• Describe how self-awareness and self-regulation are related
• Recognize activities that promote self-awareness in children
SENSES

The Foundation of Self-Awareness
“The senses are the filters through which we internalize the world around us and come to know our own bodies.”

- Connel and McCarthy
SENSES ARE THE BASIS FOR ALL LEARNING

Our brains use information from our senses to make sense of the world around us and, in turn, to make decisions.

- Senses stimulate movement and are further stimulated by movement
- Senses help us figure out how we feel about things and how to react to certain things
- The more senses involved in an experience, the more effective it becomes for learning
- Being able to use all of our senses together- sensory integration- helps us interpret and respond
- Sensory integration is the foundation of individuality and also supports the intellectual, emotional, physical and social growth of children
- Children need a variety of sensory experiences, including experiences that involve many and few senses
SIGHT

Seeing:
- Focus
- Teaming
- Fixation
- Eye tracking

Vision:
- Visual figure ground
- Peripheral vision
- Convergent and divergent focus

Perception
HEARING

Hearing
• Starts as early as 18 weeks gestation

Listening
• Auditory discrimination
• Auditory figure ground

Ear tracking
• Auditory locating
• Auditory context
• Auditory sequencing
SMELL
TOUCH
TASTE
VESTIBULAR SYSTEM

Posture
Balance
Alertness and concentration
Balance
PROPRIOCEPTIVE SYSTEM

Body Awareness- What do I look like? What is my body made up of?

Spatial Awareness- How big am I? Do I fit in this space?

Body subconscious- What is my subconscious sense of me?

Strength management- What effort do I need to move through this space and use the objects in it?

From: “A Moving Child is Learning Child” by Gill Connell and Cheryl McCarthy (Minneapolis: Free Spirit, 2014)
TOOLS TO BUILD AWARENESS THROUGH SENSES

Running commentary
Adding detail
 Asking questions
Capitalizing on teachable moments
Using all senses
Thinking outside the box
LET’S PLAY!

How many different senses can you engage?

What strategies can you use to further enhance the play?
BODY AWARENESS
THE SNOWFLAKE EFFECT
BODY MAPPING

What your body is
What it looks like
Where it begins and ends

BODY DESIGN

Understanding how the different parts of your body work together
SPATIAL AWARENESS

How the body fits in space
How the body moves through space
Intuitive sense of you
Your body knows where you are even when you don’t
Knowing how much strength is needed to do the job

Motor planning - learning from past experience
LET'S MOVE!
MINDFULNESS

Intentional awareness
Focusing on the present
Quieting
Focusing
Seeing
Reframing
Caring
Connecting
LET’S BREATHE!
WRAP-UP

How have your thoughts on self-awareness evolved over the last two hours?

What are some examples of how self-awareness builds self-regulation?

What knowledge or action will you take back to your setting as a result of this training?
Sources


Contact Info

Laura Lamb
llamb@perham.k12.mn.us