F-2 Dance Resource: Body regions

**[David]:** When children are learning about their body, teachers need to encourage them to learn about the front of their body...

the back of their body...

one side of their body...

and the other side of their body.

**[Jen]:** Children need to be aware of upper body movements and lower body movements.

As they become more aware of the body regions, they are able to experiment with movement, and this will increase their movement capacity.

For example, we need to remember to keep in mind the front of the body... and the back of the body when doing movement.