# Learning Activities

1. Select three domains of the Expanded Core Curriculum (ECC). Work with a member of a student's educational team, such as the classroom teacher, teacher of students with visual impairments, or caregiver, to write guidelines for integrating specific O&M components into each of the ECC areas.
2. Contact an O&M specialist and ask for two or three strategies they have used to successfully incorporate body awareness concepts into working with infants on social-interaction skills.
3. Perform a task analysis of your morning routine of getting ready for work or school. For each task in your routine, make a list of all the O&M concepts and skills necessary to complete the task.
4. Select one of your favorite recreation, leisure, or fitness activities. Make a list of all the positional language, body parts, movements, and spatial concepts relevant to the activity.