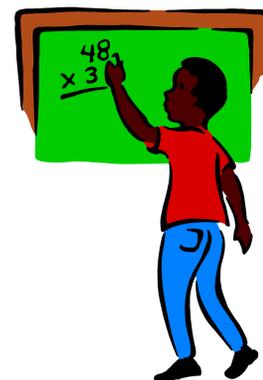
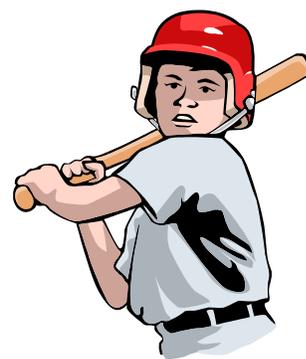


Crossing Midline Activities

Crossing midline is an important skill for enhancing the use of the brain. When the body crosses midline, then both sides of the brain are able to communicate. When communication occurs, the processing of both language and visual-perceptual skills makes reading and writing easier. Using both sides of the brain is important for learning, increasing spatial awareness, ability to distinguish between right and left (important for pre-printing skills), awareness of personal space and boundaries, whole body coordination and binocular vision (using the two eyes as a team). When the eyes work together as a team, there is a less of a chance of confusing letters, helps recognize and distinguish symbols, make printing easier and improves the sense of balance and coordination.

- Have the child work on the floor in a side sitting position in which they are supporting their weight with either hand. Some suggestions of activities to do in this position are: puzzles, pegboards, blocks, painting, board games.
- Toys being played with should be widely spread in front of the child. The natural tendency of the child will be to pick up the object with the closest hand and place it where it belongs, whether that is on the same side or on the opposite side (across the body)
- Play physical games which involve midline crossing.
 - Putting ribbons on sticks and drawing in the air (with large shoulder movements)
 - Keeping a balloon in the air with one hand only
 - Catching bean bags with one hand
 - Games with paddles and bats (eg. baseball, hitting balloons)
 - Soccer and other ball games (throw or kick ball with right hand/foot to person on far left)
 - Partner and hand clap games (clapping hands together, then on knees, then to alternate knees)
 - Play 'Simon Says' with midline crossing
 - Hurry-Hurry-Relay (team game where you pass each of many items, two hands together, sideways to teammate until all items reach the winning bucket)
 - "Crossover Dancing"
 - Touch right hand to left knee and left hand to right knee to beat of music
- Use large surfaces for drawings whenever possible (eg. chalkboard, larger paper on the floor with the child on his/her hands and knees).
 - Draw large horizontal lines from left to right and right to left
 - Draw a bunch of circles beside each other. Try clockwise with both hands, counter-clockwise with both hands, and clockwise with right and counterclockwise with left
 - Draw a large figure 8 lying on its side. Child can trace over and over it.



Note: Be aware of the tendency to turn the body rather than cross midline and correct positioning