

Crossing Midline

Crossing the midline relies on good bilateral coordination. It means using part of one side of the body in the space of the other part. Some examples of crossing the midline include sitting cross-legged on the floor or drawing a horizontal line from one side of the paper to the other without switching the pencil to the other hand.

- On a vertical surface, form a “Lazy Figure Eight” (the number eight on its side).
- Scatter objects such as blocks, Lego pieces, coins, etc. on the table or floor. Have the child pick up specific items with a specific hand (red blocks with the right hand, blue blocks with the left hand). Place the objects into a container, or use in a purposeful manner.
- Ribbon Dancing – attach ribbons, streamers or scarves to the ends of a dowel or stick. Holding the dowel, the child swirls the ribbons overhead, from side to side, and up and down. This activity also improves eye-hand coordination.
- Sit in a chair. Hold a flashlight in one hand and moving only that arm, shine the spotlight on objects around the room. Play games such as “I Spy”, “Find things that are red or start with the letter T”, etc.
- Tape a piece of Styrofoam on the wall. Have the child stand facing the Styrofoam and place golf tees into the Styrofoam moving from left to right. Alternate using the right hand and the left hand only. (This activity is good for building strength, visual motor skills, visual tracking, etc.).
- Play imitation posture games like "Simon Says" or “Mirror” with across the body movements.
- When painting at an easel, or writing on the chalkboard or wall, encourage the child to make a continuous line across the entire writing surface - also from diagonal to diagonal.
- Have children walk along a balance beam with a clothespin in their right hand. Midway, they should drop the clothespin in a bucket on the left side of the beam to practice balancing and crossing midline. Then practice turning around and walking the balance beam the other way, dropping the clothespin with their left hand over to the right side of their body.