

## **Crossing Midline**

This is the ability to cross our right side over to our left and visa versa. We need this skill when reaching to our side, throwing a ball in mature pattern and crossing the page when writing for example. It is common to see mid- line crossing difficulties in junction with bilateral coordination difficulties.

### **Activities to Promote Crossing the Midline**

Windmills – feet spread apart and arms straight. Bend over at the waist and tap right hand to left foot. Stand back up and then bend and tap left hand to right foot.

Position balls or bean bags on the left side and ask the child to pick them up with the right hand and throw them into a basket or at a target. Switch sides.

Writing your name; drawing letters (X, V, Z) and figure 8 with arms in the air; ribbon sticks; using paint or on a chalkboard without turning his/her body.

Position puzzle pieces on one side and have the child use their other hand to pick up the pieces and place them into the puzzle.

Sit on a scooterboard and propel by pushing an “oar” stick against alternate sides like rowing a boat.

Simon Says – call out actions that involve crossing, for example touch left knee with right elbow; left hand to right shoulder.

Hand clapping song games.

Sitting with legs stretched out. Stretch to touch the right hand to left toe; then touch the left hand to the right toe. Repeat this 5 times.

Marching to music.

Beating a percussion instrument in time to music.

Draw a line or lay a rope on the floor. Have the child walk, placing his/her left leg on the right side, his right leg on the left side, etc.

Basket ball – bouncing the ball from one hand to the other

*If you have any questions, please contact your Occupational Therapist.*

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