

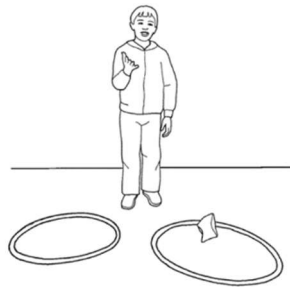
Midline Crossing Activities for Home

“Midline” - splits the body into left and right halves.

“Crossing Midline” - involves the movement of a body part over the midline to the opposite side to complete a task.

Practicing Crossing Mildine helps both sides of the brain work together to improve overall coordination and body awareness.

- Roll a small ball/ toy car on the wall – make a track with tape to follow along encouraging the child to come across their body with the same hand to follow along the path. Make it more challenging by adding turns that go up & down.
- Toss a ball or soft toy to a basket on the opposite side of the child's body.



- Have the child help with preparing meals in the kitchen – i.e. use their left hand to grab the measuring spoon to the right of their body, milk from the left of their body with their right hand & assist with measuring.
- Sitting on a cushion or small yoga ball – have the child pick objects up from the ground & use the same hand to bring across body to opposite side and place in a bucket. This can also be done in kneeling, or a half kneel position.
- Have the child lay on their stomach on a large piece of paper or on the sidewalk – use a marker or chalk to draw rainbows from one side of their body to the other.
- Place objects to complete a task on one side of body with task to complete on the other (i.e. puzzle pieces, magnets, Lego).
- Have the child assist with organizing – placing laundry into a laundry basket on the opposite side of their body, organizing books/ stuffed animals onto left/right side of shelf using opposite hand to grab and place.

If you have concerns about your child's gross motor development, please connect with your school team.