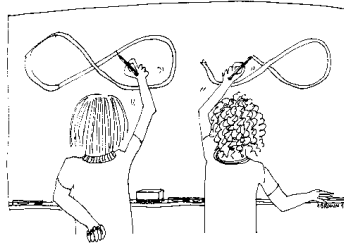


CROSSING THE MIDLINE



Description

The ability to use limbs and eyes across the midline of the body.

MIDLINE = imaginary line drawn vertically dividing the body into two equal parts.

Helpful Strategies

- Encourage your child to stay with the chosen hand rather than swap hands when drawing.
- Position equipment/objects so that your child has to cross the midline when reaching.
- Encourage the use of both hands in play.
- Encourage your child to sit straight and not twist in chair when drawing.

Activities

- **Simon Says e.g.**
 - "Simon says cross your legs"
 - "Simon says touch your right ear with your left hand"
- **Rowing a Boat**
 - Use baton or broomstick held in both hands. Sit on scooterboard and use as the oar to move around. Tie feet together and use feet as the oar.
- **Batting**
 - Standing in one position (e.g. inside hoop), hit a balloon or ball with a bat held in two hands.
- **Rope Activities**
 - Walk along a rope crossing feet over rope, one at a time.
 - "Bunny hops", hands cross rope first, followed by feet.
 - Bounce ball on opposite side of rope.
 - Jump along rope, one jump then two jumps on each side.

- **Magnetic Fishing**
 - Attach paper clips to paper fish. Suspend a magnet from a rod/stick with string - hold rod in right hand, pick up fish placed on left side.
- **Dot to Dots**
 - Large dot to dot on blackboard or whiteboard, making sure the child stands still in front of the board.
- **Puzzles/Jigsaws**
 - Place pieces on both sides of board. Encourage child to pick up objects on the left with right hand and vice versa.

Self Care

- **Dressing**
 - Pull clothes on arms and legs with two hands.
 - Tie shoelaces with feet flat on floor.