

Crossing Mid-Line

Did you know... this is an imaginary line that divides the body in half. 'Crossing the **midline**' refers to a person's ability to reach over this imaginary line with an arm or leg, and perform a task on the opposite side of their body. It is a bilateral skill demonstrated by the ability to spontaneously move one hand, foot, or eye into the space of the other hand, foot, or eye. This happens when we sit cross-legged on the floor, scratch our elbow, read or write from left to right, draw a horizontal line from one side of the paper to the other, or connect intersecting lines to draw a cross without switching hands. Crossing the midline is a coordinated movement

Difficulties with Crossing Mid-Line may look like

- Difficulty forming letters
- Appears ambidextrous
- Appears uncoordinated
- Difficulties reading
- Difficulties with dressing e.g. buttons, zips, socks, shoelaces
- Difficulties kicking a ball

Activities to support Crossing Mid-Line

- 1) **Side bends.** Have your child stand tall with his or her hands reaching for the sky, and then ask him or her to bend his or her torso to the right so his or her arms are pointing in that direction. Return to the middle before bending to the left.
- 2) **Hot potato.** If you're looking for fun crossing the midline exercises for kids you can do with larger groups, this is a great one. Have the group sit in a circle and then ask them to pass a **ball** (or a real potato, if you prefer!) with both hands quickly around the circle while you play some fun music. Once the music stops, the person who is holding the 'potato' is out. The game continues until only one person remains. Be sure to switch the direction the kids pass the potato,
- 3) **Figure 8s.** There are so many ways you can do this, but the idea is the same regardless of which option you choose. Draw a large figure 8 on a chalkboard, piece of paper, or with chalk on the sidewalk, have your child stand/sit in the middle of the figure 8, and then ask him or her to trace the shape using his or her finger, a pencil, a piece of chalk, etc. using his or her dominant hand. The shape of the figure 8 will force him or her to cross the midline while tracing, making this one of the easiest crossing the midline exercises for kids!



- 4) **Windmills.** Have your child stand tall and then ask him or her to bend over at the waist and touch his or her left foot with his or her right hand. Return to a standing position and then repeat with the opposite hand and foot
- 5) **Twister.** A collection of crossing the midline exercises for kids wouldn't be complete without the classic game **Twister!** It's heaps of fun, gets kids laughing, and it's a great way to get them more comfortable with crossing their arms and legs over to the opposite sides of their bodies.
- 6) **Household chores.** If you're looking for crossing the midline exercises for kids that are simple to setup, wiping down tabletops, washing the windows, and even washing the car are all great options. The idea is to have your child use his or her dominant hand for these activities and to make large sweeping motions.
- 7) **Bicycles.** If you're looking for a way to work on your abs while spending time with your child, this is a great activity to do together! Have your child lie flat on his or her back with his or her hands behind his or her head. Next, ask your child to bring his or her left elbow to his or her right knee before returning back to a lying position. Repeat on the opposite side.
- 8) **Sorting on an exercise ball.** Have your child lay down on his or her tummy, and ask him or her to sort items from one side to the other.
- 9) **Simon Says.** Have your child stand tall, and then lead him or her through different gross motor movements: 'Simon says touch your right hand to your left knee', 'Simon says do 3 jumping jacks', 'Simon says reach your hands over your head and then lean to the left', etc. At some point throughout the game, provide a command without saying 'Simon says' first, and whomever completes the movement is out. This is an activity the whole family can enjoy!
- 10) **Learn to dress boards.** You can purchase 'learn to dress' boards to help your little one practice things like buttoning buttons, zipping zippers, lacing laces, snapping snaps, etc.

