

# Ability to Cross Midline



The ability to cross midline involves incorporating the use of both right and left hemispheres of the brain. The two hemispheres work together when a person reaches across the body to complete a task. The ability to cross midline is needed for writing, reading and other self-care tasks.

## Classroom Activities:

- Place supplies and writing tools in such a way that the child has to reach across the body to obtain items.
- Create a crawling obstacle course that requires students to climb over, under, and through while on their hands and knees.
- Scooter board activities. Making sure that the child uses both arms in an alternating pattern.
- Toe touches, reaching across to touch the opposite foot.
- Practice tying shoes and working with other clothing fasteners.
- Draw figure 8's on the white board.
- Play flash light tag. Have children lay down on the floor and dim lights. Have children follow your flashlight beam with theirs.
- Play partner clapping games (i.e. Miss Mary Mac, See See My Playmate).
- Play Simon Says to support crossing midline (i.e. put your right hand on your left hip).
- Draw a large path on the white board and have student trace the path with a toy car or finger. Then have them erase the board using big movements.
- Dot-to-dot worksheets.