**Midline crossing**

*Midline crossing requires us to use our limbs and eyes to cross to the opposite side of our bodies. Our midline is an imaginary line running down the middle of our bodies from head to toe. We need to be able to easily cross our midline for several acitivites such as throwing a ball and writing. Children should be encouraged to use their dominant hand for all activities and their non-dominant hand to support this. Try placing objects where your child has to reach across their midline.*

The following activities provide more specific games to play:

**Ribbon Sticks -** develop movements with ribbon in right hand whilst moving the ribbon across the body and vice versa. Large circles in the air and ‘Lazy 8’ pattern as shown in picture.

**Simon Says** – Touching right ear with left hand, touching left shoulder with right hand, crossing legs etc.

**High Fives** – Encourage your child to do high fives across their body.

**Rope Activities** – Place rope straight on the floor. Ask your child to cross feet over rope on each side. Bounce a ball on the opposite side of the rope

**Scooter board** – Use a baton and ask your child to use it as an oar, holding it with both hands, to row along.

**Ball Games** – Children sit in line behind each other. Pass a ball to person sitting behind them using both hands to pass the ball. Carry out to the left then to the right.

**Opposites** – Standing still, lift up right knee and touch it with the opposite hand then change sides. Swing arms to left whilst kicking right leg and vice versa.

**Busy Bees** – Stand back to back. Each partner simultaneously crosses midline with one arm and rotates torso to reach around and touch partner’s index finger. If there is no partner available, stand near a wall and touch dots placed on the wall at different heights.

**Throw objects** – bean bags or screwed up balls of paper at a target. Place object in one hand and throw to the opposite side.

**Batting** – Hold bat with two hands and hit a balloon or ball remaining in same position.

**Dot to Dot** – Place dots on a vertical surface. Encourage drawing from one side of the board to the other and diagonal.

**Puzzles** – Place puzzle pieces on left and right side. Ask your child to pick pieces on left up with the right hand and vice versa.