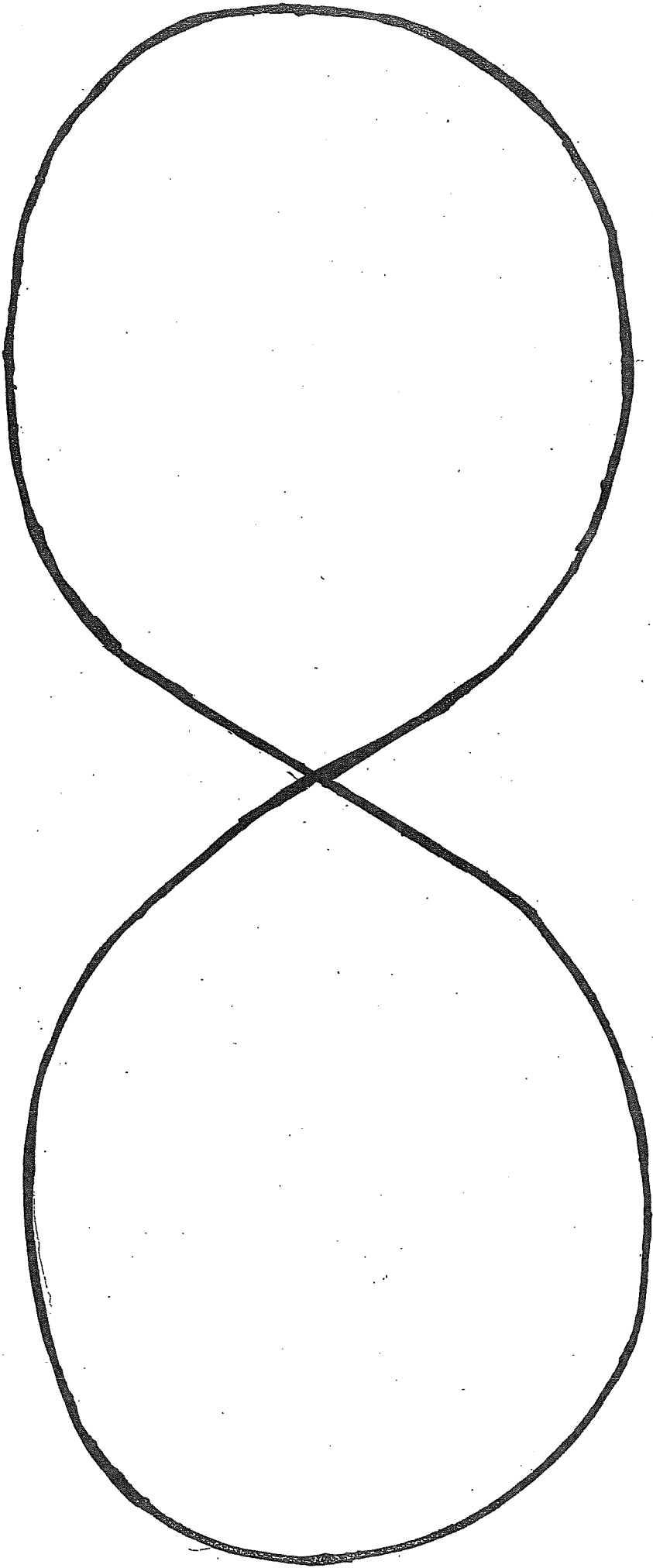


# CROSSING MIDLINE

Midline is an imaginary line that runs from your nose to your belly button to between your feet. The ability to cross over midline – touch your left ear with your right hand – means that your brain can switch from one side to the other and stimulate both sides. This developmental skill is necessary to be able to read and write. As we look at a line of print, we start on the left and move our eyes towards the right. At the midline, we need to cross over smoothly and hold our place until the end of the line. Then we drop down a line and go back over midline to start reading again from the left side. Some children struggle with crossing midline and that shows in their inability to draw certain shapes, a cross for example or have trouble with choosing a dominant hand. The following activities encourage crossing midline.



- Trace shape with finger, following with your eyes.
- \* Make sure to cross over at the middle of the 2 circles.
  - \* Go one way 2-3 times, then go in the opposite direction.
  - \* Use only dominant hand.

# 10 Crossing Midline Activities for Kids

1. Playing cars on a large path – draw a line on a large piece of paper or make a large path on the floor with blocks for your child to drive their toy cars. Put lots of turns in the path. Encourage your child to just use one hand to drive the car.
2. Use large (adult size) paint brushes and/or rollers and let your child paint the sides of the house with water. Encourage using one hand at a time.
3. Play flashlight tag
4. Wash the car – Encourage your child to use his/her dominant hand and reach in all directions. Wash the windows.
5. Practice windmills or cross crawls (hand to opposite foot or hand to opposite knee).
6. Wiping the table with one hand (put a light coat of shaving cream all over the table and have your child wipe it off with a wet cloth).
7. Practice step and throwing with a water balloon!
8. Draw a large figure eight (the number eight facing side to side, not top to bottom) with sidewalk chalk for your child and have them walk the figure eight OR draw the infinity sign and have your child trace it with their finger of their dominant hand.
9. Set up squirt gun target practice. Use both hands on the squirt gun to try and knock over cups, wash away chalk etc.
10. Water flowers with the garden hose using two hands.