

## TOP TIPS FOR CROSSING THE MIDLINE

- Draw a horizontal line across the page.
- Make a figure 8 in the air with finger or with streamers.
- Make a figure 8 on its side known as a “lazy 8” with finger or with streamers.
- Chalk a large “lazy 8” on paper or on the ground outside.
- Drive a toy car around a “lazy 8” race track.
- Pass a ball around the middle of body.
- Catch a ball on one side of the body and then the other side.
- Scratch one elbow and then the other elbow.
- Cross ankles.
- Put on shoes and socks.
- Touch opposite elbow, knee or shoulder.
- Cross one foot over the other whilst walking sideways.
- Pass an object to a child next to them across their body.
- Two children sit back to back and pass a ball around each other.
- Draw diagonal lines.
- Track something visually from left to right.
- Reach for beanbags across midline of body and throw at target.
- Scoop sand on one side of the body and fill a bucket.
- Walk or skip along and raise right knee up; slap with left hand. Then raise left knee and slap with right hand.
- Windmill movements – right arm in air then swing down and touch left foot then left arm in air and swing down and touch right foot.
- Hold your nose with your right hand and your right ear with your left hand. Then change and hold your nose with your left hand and your left ear with your right hand.
- Wash the car and make sure the arms cross the midline of body whilst scrubbing.
- Fix child’s trunk and one arm. Ask them to reach across the midline of their body to reach an object.
- Cross over arms and hold ears. Then squat down and stand up.

Quote, “Children who have difficulty crossing the midline may appear ambidextrous because they are often observed using both hands, but they actually have hidden nerve processing issues. Both sides of their brains are not communicating, resulting in decreased motor control of movements and difficulties achieving higher level skills. Often these children end up with two unskilled hands.” Marissa Edwards, Paediatric Occupational Therapist, North Shore, Chicago.