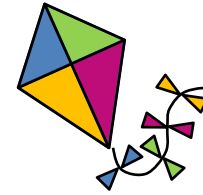


More Crossing Midline Activities

- Washing the car / windows.
- Painting with a large roller.
- Sweeping up leaves with a broom.
- Watering plants in the garden with a garden hose.
- Dancing / Yoga



REMEMBER:

When carrying out the following activities discourage the child from moving his/her body around or leaning to one side and thus avoid crossing the midline.



Crossing Midline

Barnsley Children's Therapy Services

Our Details:

Children's Therapy
The Cedars,
Kendray Hospital,
Doncaster Road,
Barnsley
S70 3RD

Telephone: 01226 644396

If you have any queries, please contact your therapist



Name:

NHS Number:

www.southwestyorkshire.nhs.uk

With **all of us** in mind.

Crossing Midline:

The midline is an imaginary line down the middle of the body from head to feet. Some children are reluctant to cross the midline and may avoid moving one arm and hand across the middle to work on the other side of the body by various means, e.g. swapping from one hand to the other, twisting the body, moving the paper.

The ability to cross the midline is important to carry out activities effectively and for the development of hand dominance.

[These activities should be fun and be completed on a daily basis where possible!](#)

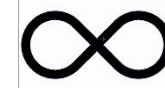
5-10 minutes a day is more beneficial than an hour once a week.

You will need:

- Paper
- Pens, Crayons, Pencils
- Paint
- Peg Board and Pegs
- Jigsaw Puzzles
- Beanbags
- Hoops
- Bubbles

Crossing Midline Activities

- Drawing over the following 'lazy 8' pattern on a large sheet of paper. Start in the top left corner.



- Drawing lines, rainbows or patterns on large pieces of paper always write from left to right.
- Completing jigsaw puzzles. Place pieces to the other side of the child's non-dominant hand to encourage crossing their midline.
- Complete peg board patterns. Place pegs to the other side of the child's non-dominant hand to encourage crossing their midline.
- Building with bricks (place all the blocks in a wide semi-circle and take turns using either just your right hand or your left to use them).
- Throwing beanbags into hoops. Encourage your child to throw beanbags with their right hand to the left hoop and vice-versa.
- Clapping to pop bubbles.
- Simon says games with instructions that involve the child crossing the midline (e.g. Simon says touch your left ear with your right hand).