



The act of moving our arm or leg across the middle of our body to perform a task. This skill is necessary to successfully use both sides of the body together for a variety of tasks (e.g. holding paper while writing or playing sports).

****Crossing midline also helps develop a child's handedness with writing****

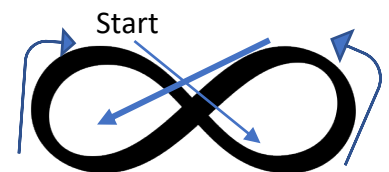
How you can work on this skill at home:

- Crawling or bear walks with activities
 - Add movement to games or homework- have them bear walk to get a colored pencil across the room, game piece, or toy and bring it back to the table/their play space
- Playing baseball or tennis
 - If these tasks are too challenging, play with a balloon instead, have child hit it using both hands to hold the racket
- Put away groceries/dishes/laundry
 - Keep items on the floor by child's sides, tell your child their feet are "stuck" in the mud and they have to twist to pick up items and put them away in the cabinets
- Simple passing games
 - Any object could be used, as long as the child passes and receives the object with both hands.
 - Depending on the number of people you can sit in a circle, line, or back to back work on passing the object using both hands to twist and reach



Add music to make it into a "hot potato" game

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- Trace lazy eight pattern
 - Draw or tape a large infinity sign on a vertical surface (wall, easel, window) or on the floor (sidewalk with chalk)
 - Have child use finger, vehicles, other markers/writing utensils to trace over the pattern (picture example) while keeping their body planted in one spot



Additional online resources

- <https://www.ot-mom-learning-activities.com/>
 - Search activities for crossing midline
- <http://therapystreetforkids.com/CrossingMidline.html>