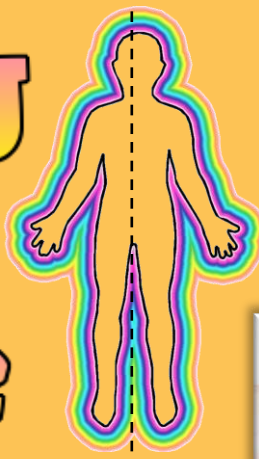


Crossing the Midline



What does that even mean?
The midline is an invisible vertical line running through the middle of your body.



Why is this important?
The skill and strength required are crucial in childhood development. It builds a foundation for core stability, body awareness and communication

that is important for many tasks.



This skill often comes naturally as children play and perform daily activities.

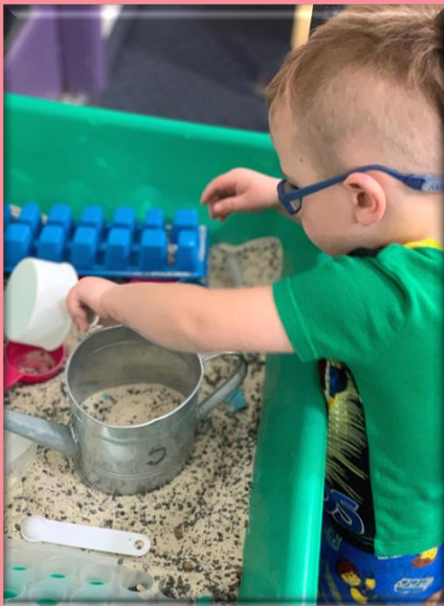


Think about daily skills where "crossing the midline" is needed....

Getting dressed Tying shoes
Pouring a drink Eating
Cutting Writing

Even reading-Visual tracking
This skill increases play opportunities!





Examples of Activities to Practice Crossing the Midline

- Sorting
- Art on easel or window
- Clapping games (Remember Ms. Mary Mack...?)
- Sweeping the floor
- Washing windows or the car
- Yoga
- Relay games
- Following finger along a book or long
- Driving cars on floor or car mat
- Playing with small toys (animals, dolls, etc.)
- Dancing with props (scarves, paper plates, instruments)
- Make up an obstacle course
- Simon Says
- Play outside