

Midline crossing activities

What is Crossing Midline?

Crossing midline is an important part of development in a child. They need it for reading, writing, and many other important school activities as well as play activities.

What is midline? If you were to draw a line down the middle of your body, starting at the head, that is your midline. Every time you cross that line with either side of your body, that is crossing midline. Crossing midline is a skill that children can learn from infancy.

1. Baby Cross Crawls

You can challenge your child to touch her left knee with her right elbow and vice versa.

2. Wash Large Objects

My preschooler loves to help wash windows or our cars with special wipes or a sponge. I ask her to hold the tool with both hands wiping back and forth in large motions as she cleans so that she is crossing her midline frequently.

3. Play Passing Games

Challenge children to pass a ball from a friend on the left to a friend on the right by moving their arms but not turning their whole bodies. Friends may sit in a line or in a circle for this activity. For two children, have them sit back to back and pass the ball from the left side across their bellies and back over to the right.

4. Wiping the table with one hand

5. 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.