

Activities to Encourage Crossing Midline

~Angela Andriano OTR/L

Midline is an imaginary line down the center of the body. Crossing midline is an important developmental skill because it helps a child develop hand dominance, write, use scissors, and perform most fine motor tasks. It also helps improve visual tracking, which is important for reading. In addition, crossing midline aids a child in completing age appropriate self-help skills, such as dressing. As well as improving a child's gross motor skills (e.g. hitting a ball).

Cars on a large path. Draw a road on a large piece of paper on the floor. Make sure there are lots of turns.

Painting on large paper of chalkboard. Use a large piece of paper so that when it is centered in front of your child the sides extend.

Pick up games. Place objects to the child's right and a container on his/her left, so that he/she must reach across midline to drop objects into the container.

Scooping games. Have your child use a scoop to move items such as beans and rice from one basin to another across his/her midline.

Play Simon Says. Use various positions that cross the midline.

Blow bubbles and reach with both hands to pop them.

Swirl scarfs to music.

Pretend paint a wall or a fence with a paint roller or paint brush.

Flashlight tag. Have your child "catch" your light beam with his/her light beam.

Bat a balloon with your hand or a paddle.

Look on the following page for videos with modifications.

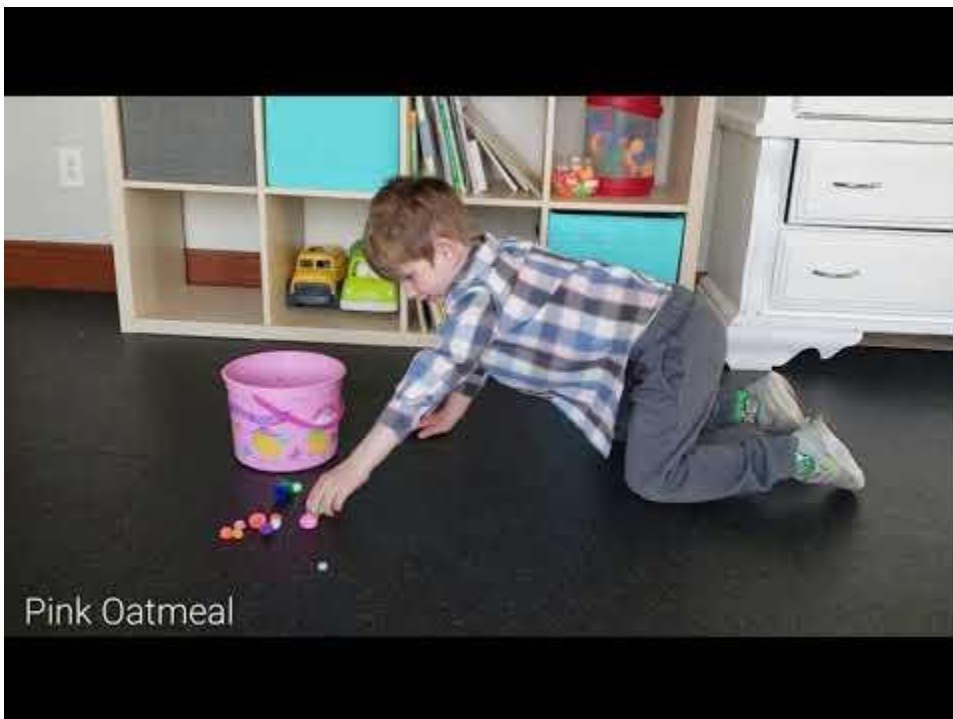
VIDEOS:

[Crossing Midline](#)



If you don't have a ball, your child can sit on a small chair or a bench.

[Quadruped Bucket Fill](#)



Make sure the bucket is far enough to the side so that your child has to cross his/her midline.