**Crossing the Midline**

1. **Reach and Throw -** Reach for objects such as beanbags, balls, etc. across midline and then throw at a target.
2. **Figure of Eight -** Draw large figure eights on paper, on the floor with a finger, in the air with a finger, or drive a toy car around a figure eight pattern.
3. **Sand Play -** Scooping sand with hands or a container from one side of the body and place it into a bucket on the opposite side of the body without switching hands.
4. **Driving –** Children can pretend to drive a car with a ball or rubber spot in their hands as a steering wheel and encourage them to cross their arms as they turns the ‘steering wheel’.
5. **Sideways Walk –** Walk sideways, crossing one foot over the other.
6. **Knee Slap Walk -** Walk around raising each knee while touching/slapping it with the opposite hand (or elbow). For older children, change it to a skip while touching the opposite knee as it comes up.
7. **Windmills -** Stand with feet apart and arms extended out to the sides. Bend over at the waist and tap right hand to left foot. Stand back up and then bend and tap left hand to right foot.
8. **Clapping Games** – Make up games to fit nursery rhymes and song. When done with a partner, the pattern should be something like "Down, clap, cross (clap hands with partner), clap, down" etc.
9. **Hand Jive –** Children do this individually and is suitable for any age, adjusting the speed for the age. For older children, speed can be alternated; the brain must process the changes in speed which is an added benefit as children will need to listen for the words “slow,” “medium,” and “fast”.
* *Lap – Pat lap twice*
* *Clap – Clap twice*
* *Right – Right hand over left hand in sideways motion two times*
* *Left – Left hand over right hand in sideways motion two times*
* *Right fist – Right fist on top, taps left fist two times*
* *Left fist – Left fist on top, taps right fist two times*
* *Right thumb – Toward right shoulder in “jabbing” motion twice*
* *Left thumb – Toward left shoulder in “jabbing” motion twice*
* *(Repeat)*
1. **Crossing Hands -** Cut right and left hands out of coloured paper and laminate them. Place them on a wall in such a way that kids can cross their hands and walk down the wall by alternating left and right hands.

**Benefits**

Activities where children are required to cross the body help build the pathways in the brain that improve coordination, reading, writing and overall physical ability. Also develops gross motor skills, co-ordination, and spatial awareness.



**www.binspireduk.co.uk**

**info@binspireduk.co.uk**