

Crossing the Midline part 2



Movement that includes touching the elbow to the opposite knee can be encouraged with songs like “The ants go marching one by one”, “Zoom zoom zoom, we’re going to the moon”, and “The Grand old Duke of York”.

It is important for the arms and the legs to be used to cross the midline.

Putting tape on the floor and ask children to zig zag their way along the line can be a fun challenge!



Who doesn't love stickers, and putting them on our skin! Place them on the arm and use the other arm to take them off, crossing the midline.

Drawing rainbows is fun! They will become more body aware as they develop core stability and do trunk rotation.



Practicing will improve coordination in crawling, skipping, riding a bike and catching a ball.