

20

CROSSING MIDLINE ACTIVITIES

for kids of all ages

1. Playing with rhythm scarves
2. Playing with blocks (stacking)
3. Dancing to music
4. Using a washcloth to bathe
5. Dusting or sweeping the house
6. Playing patty-cake
7. Playing with cars on a large path
8. Playing flashlight tag
9. Washing the car
10. Painting with a large paint roll
11. Cross crawls (touching hand to opposite foot or knee)
12. Wipe off the table with a towel or washcloth using one hand
13. Stepping with out to throw a water balloon
14. Draw a large, horizontal figure 8 on a chalk board or sidewalk
15. Squirt/water gun target practice
16. Water flowers with a garden hose using both hands
17. Ball pass relay races
18. Bean bag toss while sitting criss cross applesauce
19. Playing tennis
20. Playing a game of simon says



7

BODY AWARENESS ACTIVITIES

1. Play with a large ball, encourage the child to kick the ball using one foot and then the other. Practice throwing and catching the ball.
2. Encourage the child to ride a bike, push the bike or pedal the bike with or without side-wheels according to the child's ability.
3. Play "Simon Says". Say those words and then do an action that the child must copy.
4. To teach a child spatial relations, ask them to stand in front of a chair, behind a chair, next to the chair, on top of the chair or crouch under the chair.
5. Have the child be your shadow and mimic all your actions as you walk and perform simple actions (i.e. marching in place, cross crawls, bringing elbows to the knee, raising arms above the head etc).
6. Learn action songs and perform the actions as you sing them. Ask the child to imitate the movement of different animals: slither like a snake, waddle like a duck, hop like a rabbit etc.
7. Encourage them to balance on one leg, and then the other for as long as possible. Time them to see if they can beat their own best record.

17

BILATERAL COORDINATION ACTIVITIES

1. Stencils - make sure they hold the stencil with one hand while tracing with the other hand.
2. Hand clapping activities.
3. Lacing activities - lacing cards or lace up stockings (two pieces of construction paper with holes punched around the edges).
4. Liter tube - cut off the bottom of 2, two liter bottles. Stuff the bottles with crumpled colored paper. Use clear packing tape to connect wide ends of the bottle together. Have the child hold the "handles" with both hands. Toss crumpled paper or a soft ball for the child to hit with the liter tube.
5. Games like Bop It, Mr. Potato Head (make sure the child stabilizes the head with one hand while placing body parts with the other hand), Rubik's cube, Etch-A-Sketch, rhythm sticks, and Legos® are all fantastic for practicing bilateral skills.
6. Play Four Square - make sure the child uses both hands to bounce the ball.
7. Ball and balloon games - have the child use both hands to pass the ball or balloon overhead, between legs, roll at a target etc.
8. Scissor activities. Use one hand to hold and turn the paper, the other to cut.
9. Pounding or hammer activities. Use one hand to stabilize, the other to pound.
10. Encourage use of the dominate hand/arm for pounding.
11. Roll dough with a rolling pin.
12. Squeeze objects (i.e. glue bottles) with both hands.
13. Use both arms to twirl streamers or scarves.
14. Build with building blocks.
15. Trace patterns on paper.
16. Spread icing on cookies, cakes etc.
17. Tear lettuce for a salad, tissue paper for crafts etc.