



Sunshine Coast Occupational Therapy Inc.

Paediatrics, Geriatrics & Ergonomics

6840 Seaview,
Sechelt, BC
V0N 3A4

email: crowan@suncoastot.com
website: www.suncoastot.com

Tel: 604-885-0986
Fax: 604-885-0389
Cell: 604-740-2264

CROSSING MIDLINE ACTIVITIES

1. Collecting Sea Shells

The children walk forward, going into a knee bend with every step (half squatting position). They pick up an imaginary sea shell with the hand opposite forward foot. The sea shell lies directly ahead of that foot. The children should advance with a steady rhythmic swing.

2. Lay on the Floor, on Back, Face up

- Have the children raise left arm and left leg at the same time.
- Have the children raise right arm and right leg.
- Have the children raise left arm and right leg.
- Have the children raise right arm and left leg.

3. Have children in a standing position. The children raise their legs so that they are horizontal to the floor (one knee may be bent at a 90 degree angle.) Try to have the child move only his hip and shoulder joint.

4. Have the children standing, and bending from the waist touch opposite feet with hands.

5. Walking

Have the children walk forward. Have them swing their free leg up and touch it with their opposite hands.

6. Cross-over Walk

Have the children stand, and walk sideways along a line. Place the right foot across the left foot in front, and take a step. They return in the other direction crossing the left foot in front of the right.

Variations:

- The same as above, however, cross the foot behind.
- The same as above, only alternate crossing the foot in front, behind, in front, etc.

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