

Essential ingredients for healthy development

GROSS MOTOR

Play,
movement
and time
outside

Crossing the midline

Crossing the midline is when the hand or foot from one side of the body moves over to the other side of the body to do an activity on the opposite side. Young children tend to use their left hand to pick up items on the left side of their body and right hand to pick up items on their right. Spontaneously crossing the midline is a sign that both sides of the brain are working together and helps develop other motor skills. When a child can cross the midline of their body, they start to use their preferred hand more which allows the practice needed to develop strength, dexterity and accuracy for fine motor tasks.

Activity ideas

- ➔ At the beach draw large pictures/letters using the pointer finger on the preferred hand or even one big toe
- ➔ Collect a variety of natural items (rocks, sticks, leaves, flowers)
 - » Sort them into piles using preferred hand
 - » Use them to make a natural mandala's
- ➔ Learn how to skim a stone www.nationaltrust.org.uk/features/no-5-skim-a-stone
- ➔ Ball games where you pass it sideways or around your body
- ➔ Beach cricket and or volleyball
- ➔ Flying kites

Make it easier

- Have your child kneel down or cross their legs to help give stability and encourage them to reach across their body

add challenge

- + Add speed and increase reach across the midline.
- + Look at opportunities to move both arms and legs across the midline