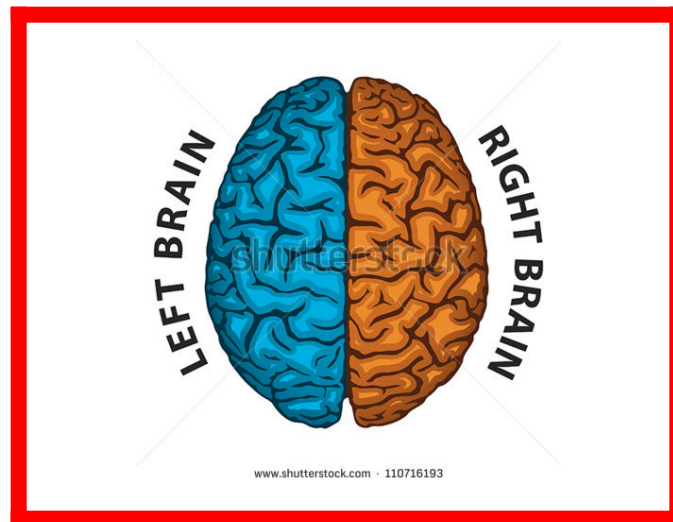


# Crossing the Midline



- The midline is an imaginary line down the center of the body that divides the body into a left and right side.
- The two sides of the body need to learn to work together doing the same thing.
- When you cross the midline, it helps your brain with learning to read, write and do sports like basketball and baseball.
- Crossing the midline encourages the two sides of the brain to communicate.



- ★ Left side of brain controls the right side of the body. In charge of numbers, math, science, writing, and speaking.
- ★ Right side of brain controls left side of the body. In charge of music, art, creativity, and imagination.

# Crossing the Midline Activities

1. Right hand to left shoulder, left hand to right shoulder



2. Right hand to left knee, left hand to right knee



3. Right hand to left elbow, left hand to right elbow



4. Right hand to left ear, left hand to right ear



5. Right hand to left foot, left hand to right foot

