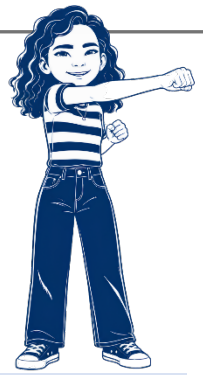


Crossing the Midline

Why This Simple Skill Makes a Big Difference for Kids



What Does “Crossing the Midline” Mean?

The “midline” is an imaginary line running down the center of the body, dividing left from right. Crossing the midline means reaching, stepping, or looking across that line, like using the right hand to pick up something on the left side of the body. It sounds small, but this skill is a building block for movement, learning, and coordination. Songs and movement activities that encourage kids to cross their arms, legs, and eyes over their body's center help build this skill in a fun, natural way.

Key Benefits

1. Reading & Writing Skills

- Supports left-to-right eye tracking used in reading
- Helps kids write across a full line without switching hands

2. Coordination & Motor Skills

- Builds bilateral coordination: both sides of the body working together
- Helps practice early skills for skipping, catching, climbing, and jumping jacks
- Lays a foundation for PE, sports, and playground games

3. Hand Dominance & Daily Independence

- Helps a child develop a consistent, dominant hand for tasks
- Supports skills like cutting with scissors, buttoning, and tying shoes
- Encourages more consistent hand use during writing tasks

4. Focus & Attention

- Movement “brain breaks” that include crossing the midline are widely used in classrooms to support on-task behavior
- Helps kids reset energy and attention between seated learning tasks
- Builds body awareness, balance, and confidence in movement

Easy Ways to Practice

- Sing and [dance to songs where you cross midline](#), great for brain breaks!
- [Cross-crawl marches](#): touch the opposite elbow to the opposite knee
- Big “[figure-8](#)” or [infinity shapes](#) traced in the air, on paper, or with a finger
- Reach across the body to pick up, pass, or stack toys and objects
- [Clapping games](#) and patty-cake style hand-crossing patterns