

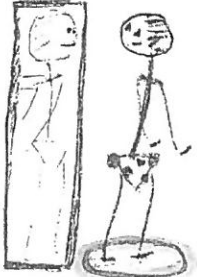
# Crossing Middle line

## Aims

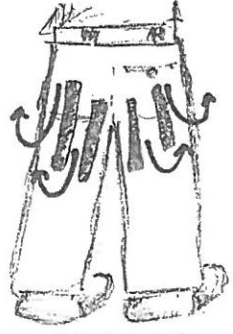
- To improve self help skills
- To promote independence and body awareness
- Improve self awareness
- Develop midline awareness
- To improve trunk and core stability
- Improve eye- hand coordination
- To help develop hand dominance
- Encourage weight transfers and balance in static positions

## What do you need for this activity?


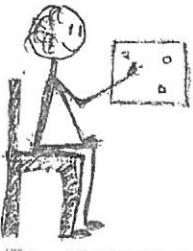
- Long Mirror
- School Chair
- Pieces of paper (A4)
- Stickers or Pegs (big and small)
- Masking Tape
- Sellotape
- Chalk
- Wipes
- Dark Trousers

Stage	Exercise	Variation
<p><u>Standing</u></p> <p>1</p>	<ul style="list-style-type: none"> <li>- Place a small hoop on the floor to specify the area where the child should stay within while doing this activity</li> <li>- Stand child by a mirror and encourage them to use it for feedback to help them understand where they are in space</li> <li>- Increase difficulty of all these activities by removing the mirror</li> </ul>	


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	<ul style="list-style-type: none"><li>- Place pegs/stickers around the child's trousers. Start by placing them on both sides (on pocket area) of the trousers first.</li><li>- The child will have to remove what has been placed on them one by one.</li></ul>	<ul style="list-style-type: none"><li>o As the child gets more confident and faster, move the pegs/stickers backwards towards the midline</li><li>o Or make the stickers smaller.</li></ul>
2	<ul style="list-style-type: none"><li>- Place masking tape on the child's trousers as explained above, the child will need to remove the masking tape from the middle in an upward direction</li></ul>	<ul style="list-style-type: none"><li>o To progress use sellotape, as the child won't be able to see this as easily and will have to feel for it</li></ul> 

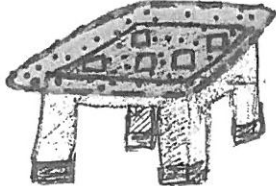
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3	<ul style="list-style-type: none"><li>- Using chalk, draw a few lines on the child's trousers. The child is encouraged to wipe off the marks by using their hands.</li><li>- To finish, the child should use the wipes to remove all chalk marks</li><li>- Use the mirror so the child can check that they have cleaned themselves properly.</li></ul>	
<p><u>Sitting</u> <u>on a</u> <u>chair</u></p> <p>1</p>	<p><i>(Position the chair initially with their preferred hand close to the wall/door)</i></p> <ul style="list-style-type: none"><li>- The child should sit straight with both feet touching the floor</li><li>- Use a roll/bench if the child finds it difficult to transfer weight on the school chair.</li><li>- Child should not twist in the chair.</li><li>- Instead, they should be encouraged to transfer weight from one side to the other while in sitting (e.g. lifting bottom cheeks individually)</li><li>- Use a gym ball to make the activity more challenging.</li></ul>	

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	<ul style="list-style-type: none"><li>- While the child is standing, place stickers on their trousers as described above.</li><li>- Sit the child down on the chair, they now have to try and remove the stickers one by one with their dominant hand and place them on a piece of paper located on the wall on the same side (at elbow height)</li></ul>	<ul style="list-style-type: none"><li>o To progress, face the chair in the opposite direction and repeat the activity with the same (dominant) hand. This time they will have to reach over to the paper placed on the wall</li></ul>
2	<ul style="list-style-type: none"><li>- Scatter small pieces of paper on the seat of the chair, now get the child to sit on the chair and ask them to shift their weight from side to side and remove each piece of paper one at a time, scrunch it up and place it in a box on the floor next to the child on the side of the dominant hand.</li></ul>	<ul style="list-style-type: none"><li>o To progress, move the box to the opposite side to the dominant hand.</li></ul> 

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3	<ul style="list-style-type: none"><li>- Place pieces of paper on the seat of the chair; place a cushion on top of the chair.</li><li>- Ask the child to shift weight from side to side to remove each piece of paper one at a time from between the cushion and the surface of the chair, scrunch it up and place it on the box next to the child on the side of the dominant hand.</li></ul>	<ul style="list-style-type: none"><li>o To progress, move the box to the opposite side to the dominant hand</li></ul> 
4	<ul style="list-style-type: none"><li>- Child sitting on chair with back of chair against a wall, stick pieces of paper on wall and instruct child to collect the pieces of paper one at a time (keeping their legs facing forwards), scrunch up paper and put in the box placed either side of the chair.</li></ul>	