

Brain Building Movements

Cross-body movements engage both hemispheres of the brain. One of the easiest ways to engage both hemispheres of the brain is to cross the midline in our bodies.

1. Marching to music and clapping hands at the same time.
2. Cross crawls – touch your right hand to your left knee and then the left hand to your right knee. Repeat touching the opposite feet.
3. Traditional jumping jacks
4. Cross Country Jumping Jacks – place right arm and right leg forward jump and switch left arm and left leg forward. Try opposite sides – place right arm and left leg forward jump and switch left arm and right leg forward.
5. March in place sitting down while drawing circles in the air with both hands
6. Try a task using both hands or both hands and feet at the same time – ie: dribbling a ball with both hands, kicking a ball and dribbling a ball.
7. Play hopscotch – the skill of jumping feet apart and together requires coordination of both sides of the body
8. Perform motor activities to the beat of a metronome
9. Jumping activities – jumping rope, jump up and clap hands, jump up and touch your heels behind your bottom, jumping activities through a floor ladder, etc.
10. Animal walks that use both sides of the body – ie: crab walk, bear walk and crawling
11. Lacing activities
12. Include jumprobes, hula hoops, ball work and other tools that promote complex movements.
12. Criss Cross--Right hand to left foot. Left hand to right foot. Right hand to left knee. Left hand to right knee. Right hand to left hip. Left hand to right hip.

Adapted from and inspired by [Youth Therapy Source](#).