

1 Cross Lifts

Los elevadores cruzados

STANDING



Cross Lifts are **cross-lateral movements** that encourage coordination, brain integration, and balance. These movements are designed to cross the midline of the body which appears to wake up the midline of the brain. For young children, crossing the midline is an advanced skill.

If a child is struggling to cross the midline, I ask for permission to touch or tap the correct knee and hand at the same time until the child can successfully cross over and touch. Or you can stand side by side so that the child can mirror your movements.

1. Lift your right knee. **SLOWLY** touch your right knee with your right hand. Lift your left knee. **SLOWLY** touch your left knee with your left hand. Repeat two more times. Focus on keeping your balance as you move **SLOWLY**.
2. Here comes the challenge. Raise your right arm. Cross your right arm over the middle of your body as you gently and **SLOWLY** lift and touch the left knee. Move **SLOWLY** like a turtle. Move your hips and shoulders as you cross your arm over.
3. After you touch your left knee, place the foot **FLAT** on the ground and **PAUSE** before moving to the other side.
4. Raise your left arm. Cross your left arm over the middle of your body as you gently and **SLOWLY** lift and touch the right knee. Move **SLOWLY** like a turtle. Move your hips and shoulders as you cross your arm over.
5. After you touch your right knee, place the foot **FLAT** on the ground and **PAUSE** before moving to the other side.
6. Count out loud and do five more slow lifts and touches on each side.
7. Were you able to balance when you moved slowly? Practice and notice how much steadier and stronger you feel each time.