Cross the Middle to Touch

Toddler readiness-Grade 1 | Bilateral coordination | Body awareness | Color

Learner: _____ Date: _____

Place two safe paper targets, one on each side. Use either hand, a pointer, eye gaze, or a helper to follow each pattern across the middle of the body.



RIGHT TO LEFT



LEFT TO RIGHT



ALTERNATE



BOTH HANDS CROSS



CROSS + RETURN



YOUR CHOICE

Grown-up check: Patterns: right hand to left target; left hand to right target; alternate; both hands cross; slow cross and return; learner choice. Seated options count.

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