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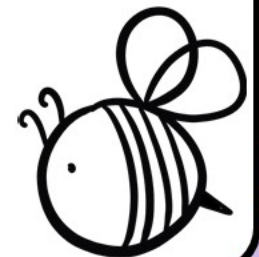
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Midline

The midline is when an imaginary line is drawn down the middle of our bodies. It divides our bodies into two parts. Our brain is very weird because the right side of our brain controls the left side of our body and the left side of our brain controls the right side of our bodies.



Crossing the midline means we can move one side of our body across to the other side. So for example we can move our right hand over to our left foot, or we can move our left hand over to our right foot.

When panic strikes

Crossing the midline can be helpful to calm a panic attack. It makes both sides of the brain work together and encourages the brain to be more logical in its thinking.

Suggestions:

- **Pass the beanbag** - Pass a bean bag from one hand to the other hand. The hand receiving the bean bag should stay firmly at one side and the hand passing the bottle should cross the midline to put it into your hand.
- **Cross marching** - Try cross marches where you touch you use your left hand to your right knee and repeat with the other hand.
- **Toe touch** - by using your right hand to touch the left foot and repeat with the other hand.
- **Lazy eights** - Try imagining you are drawing a figure of 8 sideways. ∞ Use your hand to draw that figure of 8 making sure you cross the midline. Swap to the other hand.
- **Knee lifts** - lift your left knee to your right elbow and repeat the other way round.
- **Pat on the back** - Give your right shoulder a tap with your left hand and repeat the other way round.
- **Circles** - use your left hand to draw a HUGE circle in front of you then repeat with your right hand.

