

Infant Movement: Cross the Midline Ball Play

Learning Value:

This activity promotes coordination and communication of the left and right hemispheres of the brain.

Materials Needed:

- ▶ 2 Small rattles
- ▶ Large ball (yoga ball or large kick ball)

Participants:

This activity is intended for adult/child interaction.

Directions:

Step 1: Put one rattle to the left of the ball and one to the right.

Step 2: Place your infant on their tummy on the ball with one hand supporting their back and one supporting their legs for safety. Their arms should be in front of them.

Step 3: Slowly move the ball forward and to the left so the baby can reach for the rattle. Then slowly move the ball to the right so the baby can reach for the rattle on the right. Position the ball as you move it so the infant is reaching for the rattle with the opposing hand (left rattle with right hand, right rattle with left).

Bright Horizons.

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