

Visual Motor Integration Skills, Bilateral Coordination, and Midline Crossing

Visual-motor integration (VMI) skills are also known as Hand-Eye Coordination skills. VMI skills allow us to use our hands and eyes in a coordinated way to do activities. Bilateral coordination skills use both hands or both sides of the body to complete the activity. Many times, these activities will also require movement across the midline of the body. These activities require both the right and left sides of the brain to work in a coordinated manner in order to complete the activity.

Activities to improve VMI skills, Bilateral Integration, and Midline Crossing include:

- Playing bat and ball games such as baseball, or using a pool noodle to hit a balloon or beach ball.
- Playing basketball or other ball and target games such as ping pong toss or beanbag toss.
- Racquet games such as hitting a balloon with a tennis racquet.
- Tossing and catching a ball, balloon, beanbag, etc.
- Following mazes—can be paper mazes, mazes created with sidewalk chalk outside, following lines on the tile floor, or cracks in the driveway!
- Tracing activities—trace letters/numbers, designs, pictures, vocabulary words, etc.
- Copying activities—copy shapes, letters/numbers, designs, sight words, etc.
- Lacing cards—can be created with paper and a hole punch, if needed.
- Kids yoga or other balance and coordination activities
- Midline crossing exercises—
 - Touch right knee with left elbow, then left knee with right elbow;
 - Trace an infinity sign in the air, on paper, or on a board
 - Touch the right toe with the left hand, then left toe with the right hand (windmills)
 - Crab walks and other animal walks
 - Play “Simon Says” games—touch your left hand to your right shoulder, etc.
- Refer to the Handwriting section and Movement section for additional resources.

Internet Resources

- 10 Games to Practice Crossing Midline <https://www.yourtherapysource.com/blog1/2017/08/21/10-games-practice-crossing-midline/>
- Activities for Crossing the Midline <https://www.ot-mom-learning-activities.com/activities-for-crossing-the-midline.html>
- 10 Crossing Midline Exercises for Kids <https://www.growinghandsonkids.com/crossing-midline-exercises-for-kids.html>
- Jack Hartmann: Brain Breaks: Crossover <https://www.youtube.com/watch?v=GkrZBsOlt3k>
- Free Printable Mazes for Kids <https://www.allkidsnetwork.com/mazes/>
- Cosmic Kids Yoga <https://www.youtube.com/user/CosmicKidsYoga>