

Jump Up, Turn around, Cross the Midline

(Tune: Pick a Bale of Cotton)

Jump up, turn around, cross the midline, (Jump, turn, stretch arms left.)
Jump up, turn around, cross it every day. (Jump, turn, stretch arms right.)
Jump up, turn around, cross the midline,
Jump up, turn around, let's see how many ways.
Bend low and pick that bean. (Bend down to the left with right hand.)
Bend low and pick that pea. (Bend down to the right with left hand.)
Bend low and pick that berry.
Bend low and get that squash for me.
Jump up stretch and pick that apple. (High to the left with right hand.)
Jump up stretch and pick that pear. (High to the right with left hand.)
Jump up stretch and pick that cherry.
Jump up and get that orange over there.
Now dig a hole with the shovel, (Pretend to hold shovel to left.)
Now weed a row with the hoe, (Pretend to dig on the right.)
Get that ax and chop those vines down, (Chop left to right.)
Lift that ax and chop to and fro. (Chop right to left.)
Grab a cart and let's go shopping. (Pretend to hold a grocery cart and reach
Reach to the left and fill up your cart. right hand to left.)
Reach to the right and get some more things. (Reach left hand to right.)
Left, right, left, right, into the cart.
Use both hands and pull that boat in. (Pull from left to right.)
Use both hands and hoist that sail. (Stack hands and pull up and down.)
Now climb up with the ladder. (Pretend to climb a ladder.)
Get in the boat before it sails.
Make lazy eights with your right hand. (Make "8" laying down.)
Make lazy eights with your left hand, too.
Wave so long with your right hand. (Big wave in front of body.)
Left hand waves good-bye to you, too.

Activities: Have children put their two fists together to make their "brain." Explain that both sides of the brain have to work together. Make "bridges" from one side to the other by crossing over our fingers. We can help make connections in our brains by crossing over this imaginary midline. (Draw a line down the middle of your body from your head.)

Make rainbow wands to use for cross lateral activities by taping tissue paper streamers to a craft stick.

Give children a strip of toilet paper to wave in the air as they follow along.

Juggling also activates both sides of the brain. You can give children scarves, 8" squares of netting, or wadded up paper balls to practice juggling.