

## Quick Idea for Unit 1.7

### Flashlight Catch or Bubble Pop

Turn the lights in your room down just enough for a flashlight beam to show. Give everyone a small flashlight. The teacher should have a flashlight that is different. It can be bigger, a different color, or use a red laser pointer. Move your light all over the room. They have to use their light to try to catch your light. Tell the children that they must keep both hands on the flashlight to ensure that they are crossing the midline.

If darkness is an issue, Bubble Pop is an alternative. All of the children place one hand on their head and use only the free hand to pop bubbles. After a while, switch hands. As the bubbles move, the children will be forced to cross the midline to pop them.

## Activity for Unit 1.7

### Noodle Hockey

Use pool noodles, cut in half crosswise, to make the perfect hockey stick. Children must keep both hands on the noodle when they swing, forcing them to cross the midline. If you are playing in a small space, use balloons as the hockey puck. In a large space or outside, use small beach balls or small playground balls. The heavier the ball, the more proprioceptive input - an added bonus.

For older children, you can play an organized game of hockey with two teams, goalies, goals, etc. For younger children, just put out lots of balls and they can hit any ball they can get to first. Encourage them to hit one ball and then find a different ball to hit, reducing the chance of a skirmish over a particular ball.