

Motorvator

Gettin' Gluey (No Glue Required)



Here's Why

Cross-lateral movements are powerful tools for developing neural superhighways across the brain's corpus callosum. But crossing the midlines doesn't come naturally to little ones, so it helps to make a game of it.

Here's How

Wonder aloud how it would feel to have glue on your hands. Rub each child's hands as if you were applying glue.

Ask the children to show you what would happen if they put their gluey hands on their knees. Dramatize it for them: "Uh-oh. My hands are stuck on my knees!" Have the kids walk around with their hands "glued" to their knees.

Encourage the children to keep their hands on their knees while reinforcing the idea of stickiness. "This glue is really sticky. We'll have to pull really, really hard to unstick our hands. On the count of three: 1, 2, 3—pull!"

Try the glue game again with another body part—the sillier, the better!

Once the children get the idea, add cross-lateral movements. For instance, stick your right hand to your left shoulder. Or stick your left hand to your right knee. Or cross one or both arms behind the back.