

Motor Planning Concepts

Criss Cross Star Fish

This is a fun exercise to do with children
These movements assist in developing coordinated use of the two sides of the body
(Bilateral integration), postural control and primitive reflex integration.
You can also incorporate belly breathing.

Say these words:

Criss Cross

Apple sauce

Squish

Star Fish

Breathe

Criss Cross

As you do these actions:

Sit on the floor with back straight and legs crossed

Cross your hands over your chest
(If you have your right leg over left in the crossed leg position, then try to do right arm over left across your chest)

Fold yourself forward as far as you can while maintaining seated control / crunch forwards

Lie back, with control, so that your arms and legs are spread wide like a star fish. Try not to use your elbows or arms to assist you as you lie back

Take the time to stop and take a deep breath through your nose and out through your mouth

Sit up slowly and with control to begin the sequence again. Try to avoid using your arms or hands to help you sit up if you can

