

Hat Taps

Sequencer

Crossing the Body to Connect the Brain

*A playful, inclusive movement game that strengthens cross-midline skills, supports sensory regulation and prepares children for learning.
Includes a printable dice & spinner.*



Cross the Midline Hat Game

Description of the Activity

The Cross-Midline Hat Game is a structured movement activity designed to develop bilateral coordination and self-regulation. Six coloured hats are printed and displayed across the wall. The child stands with their back against the wall and is prompted to tap or throw a soft ball to the hat indicated by:

- A dice or spinner for random colour selection (included)
- A modelled or verbal sequence, which can be gradually built and repeated

The activity encourages purposeful reaching across the body while maintaining postural stability.

Purpose of the Game

This game supports the development of crossing the midline, a key neurological skill that enables effective communication between the left and right hemispheres of the brain. By combining movement with visual cues and sequencing, the activity strengthens both physical coordination and cognitive control.

Key Developmental Benefits

- Crossing the midline and bilateral integration
- Encourages children to reach across their body, supporting brain integration, coordination and later academic skills such as reading and writing.
- Sensory regulation and readiness for learning
- Provides proprioceptive and visual input within a predictable structure, supporting calm alertness and focus as part of a sensory circuit.
- Gross motor and executive function development
- Builds core stability, upper-body strength, hand-eye coordination, motor planning, working memory and sequencing skills.

Sensory Circuit Link

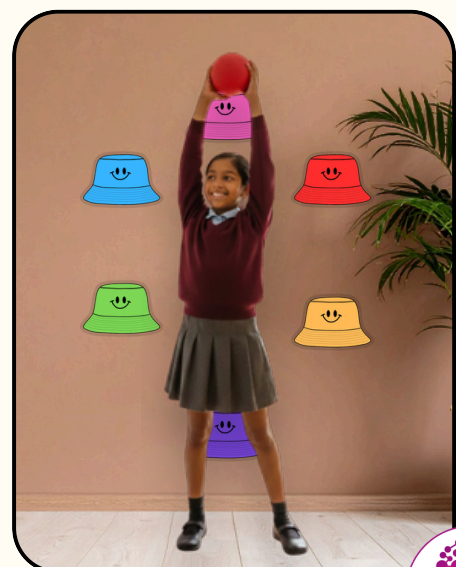
This activity fits within the alerting and organising stages of a sensory circuit, helping children to regulate arousal levels before transitioning to fine motor or classroom tasks.

Inclusion and Adaptation

The game is easily differentiated by:

- Using hands or a soft ball
- Reducing or increasing the number of colours used
- Introducing or removing sequencing
- Adjusting speed or level of support

Suitable for children with ASD, ADHD, dyspraxia, sensory processing differences and communication needs.



Game Setup

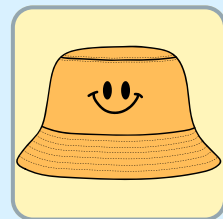
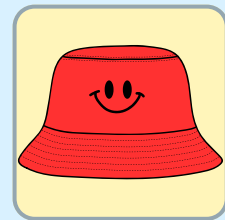
Place the Hat Cards on the wall
in random positions

Game 1

A child or adult says the colour and
the child holding the ball taps the
corresponding coloured hat

Game 2

Throw the dice or spin the spinner.
Keep your feet fairly still and touch
the corresponding coloured hat



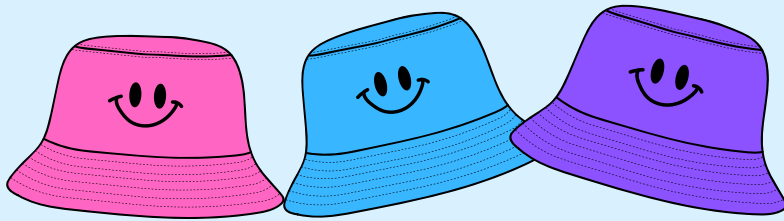
Alternative Game Setup



Game 3

Try planning your own sequence by using
more dice or spin the spinners 3 or 5 times
and then tap the sequence

Hat Taps

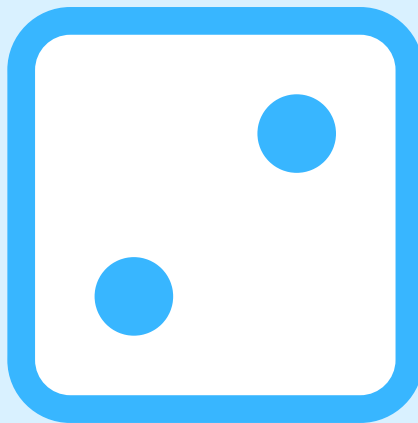


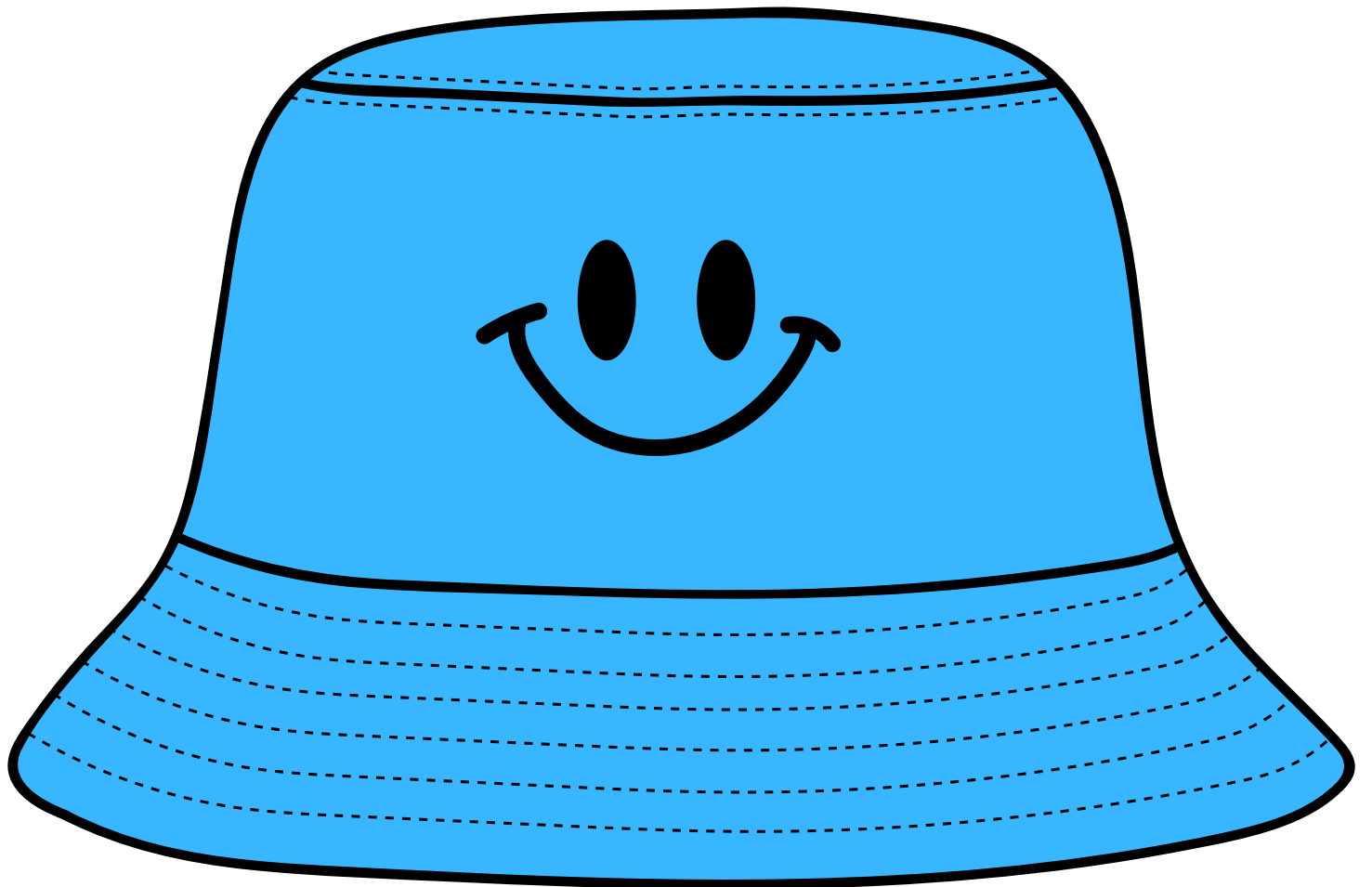
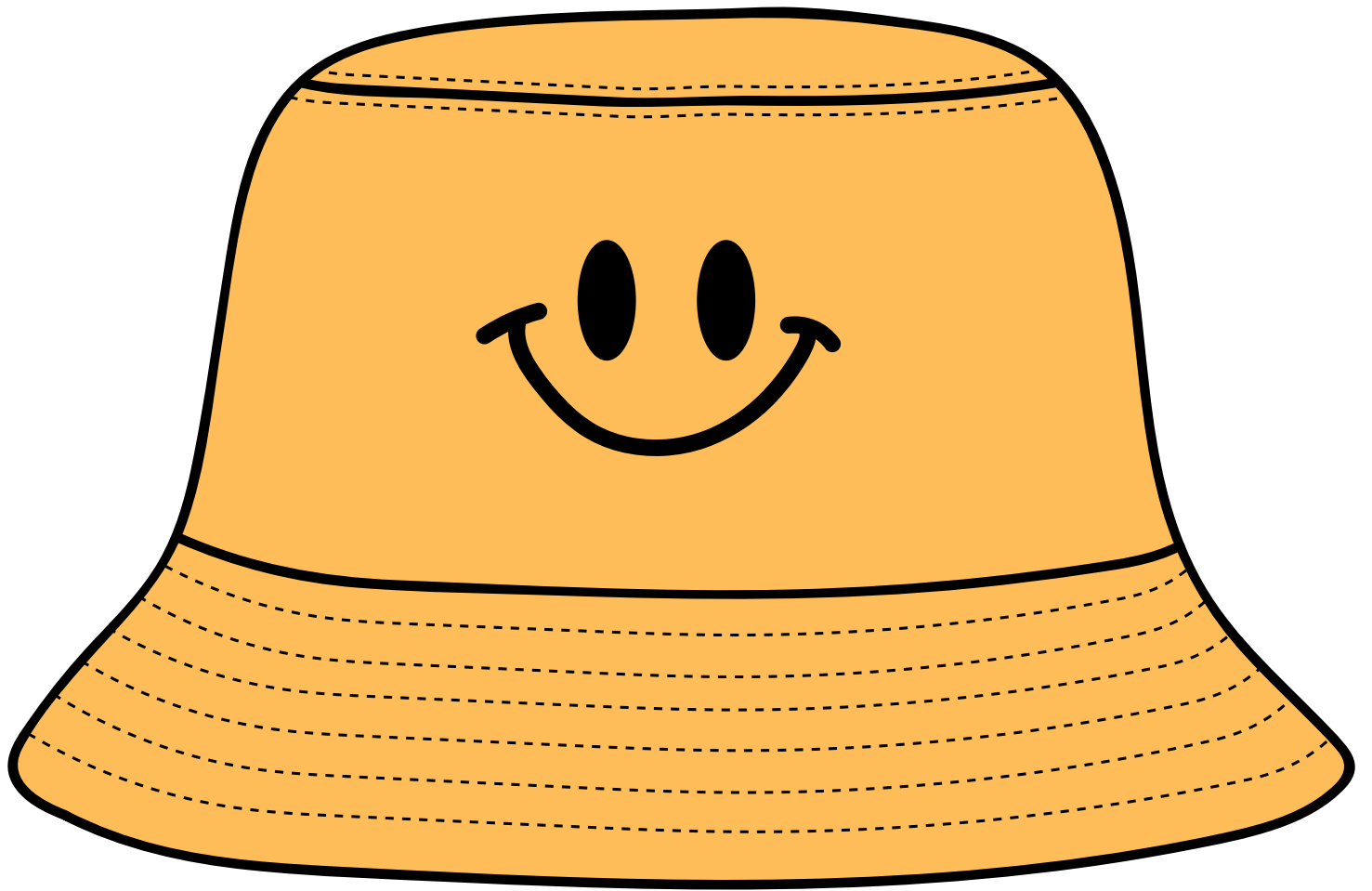
Ask the child to stand with their back to the wall. Place 2 to 6 hats around them so when they can turn, they can tap the hat. The child must keep their feet fairly still.

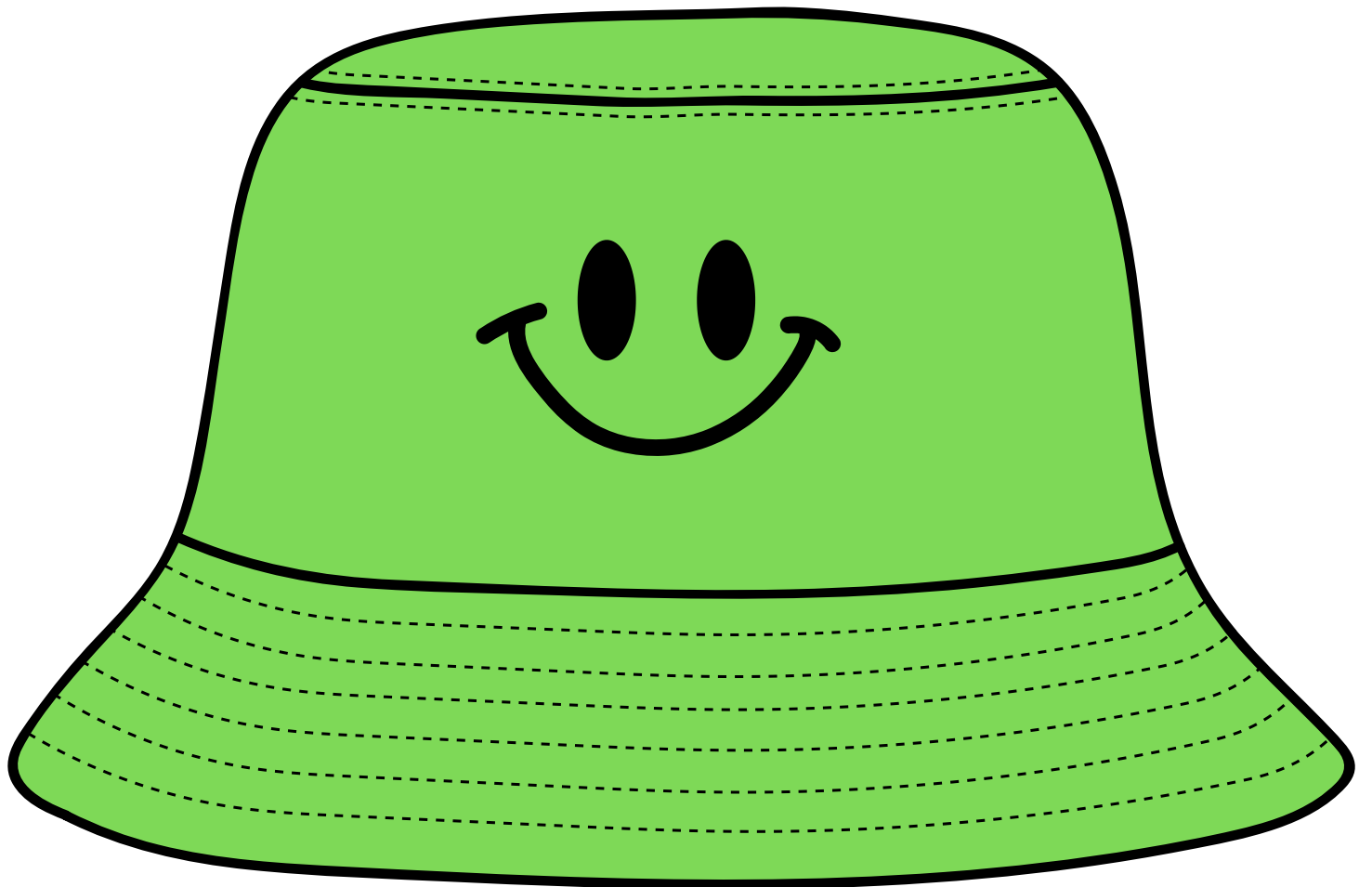
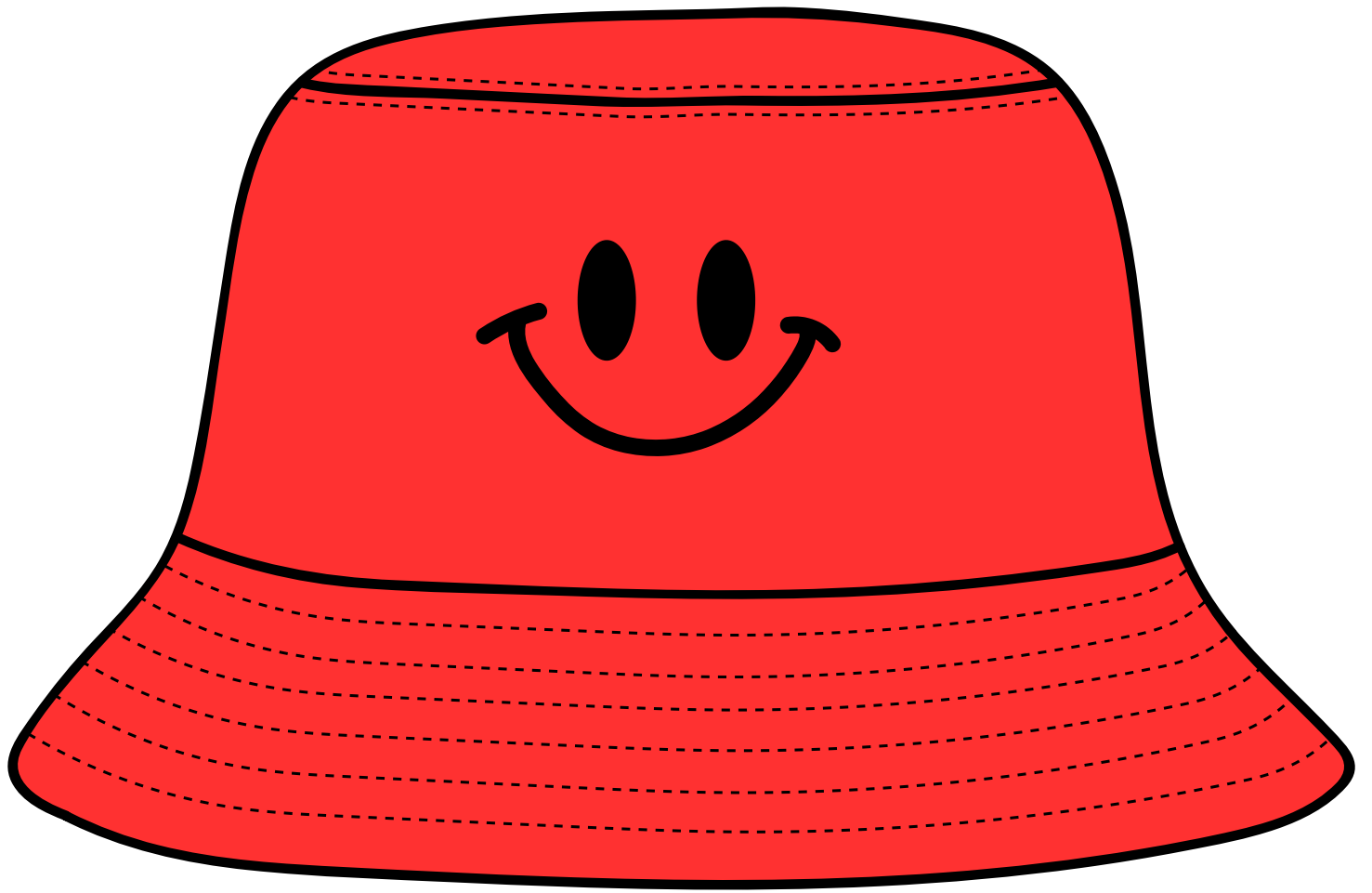
Game 1 - say the colour and the child turns (keeping their feet still and taps the colour)

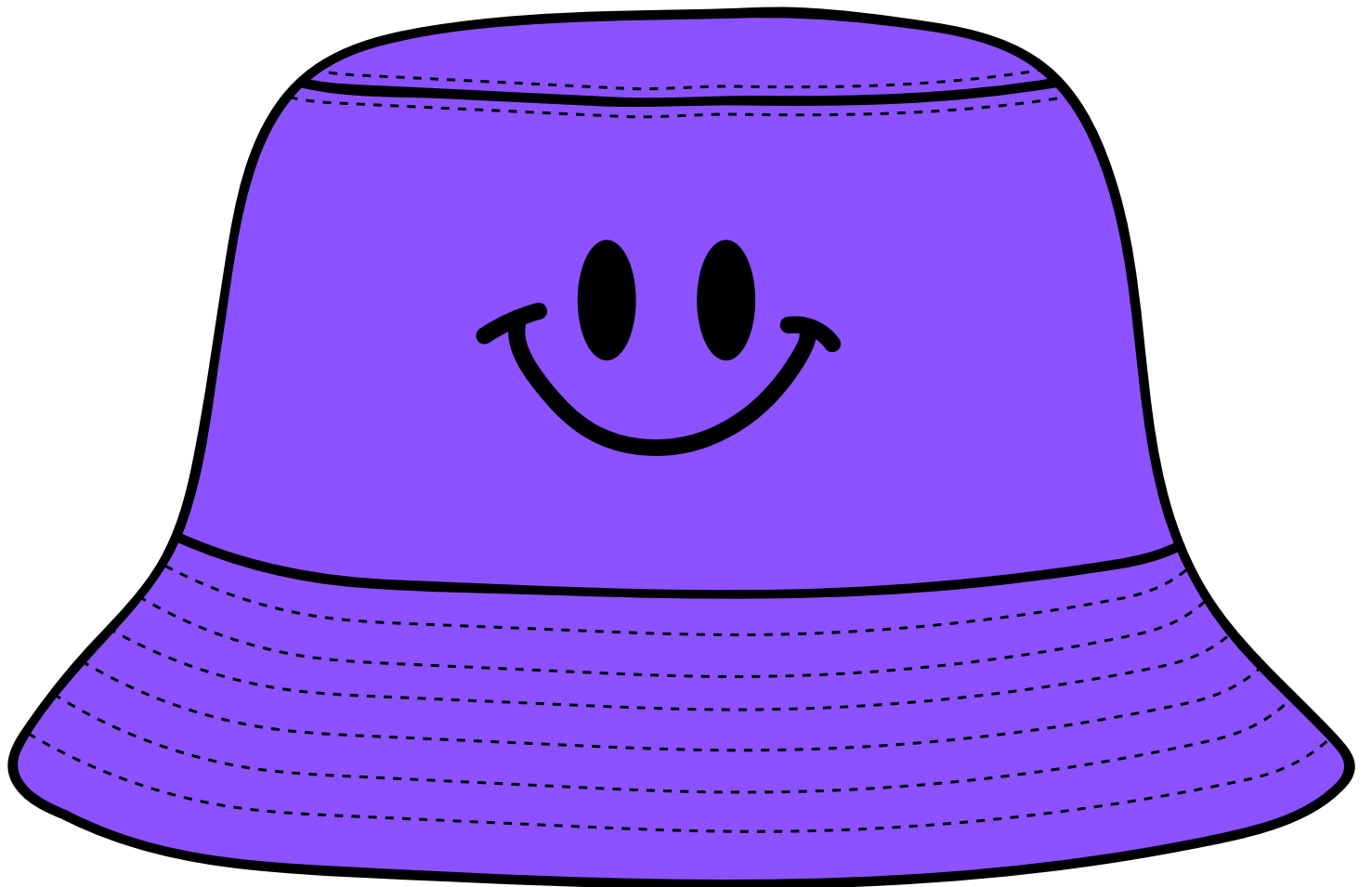
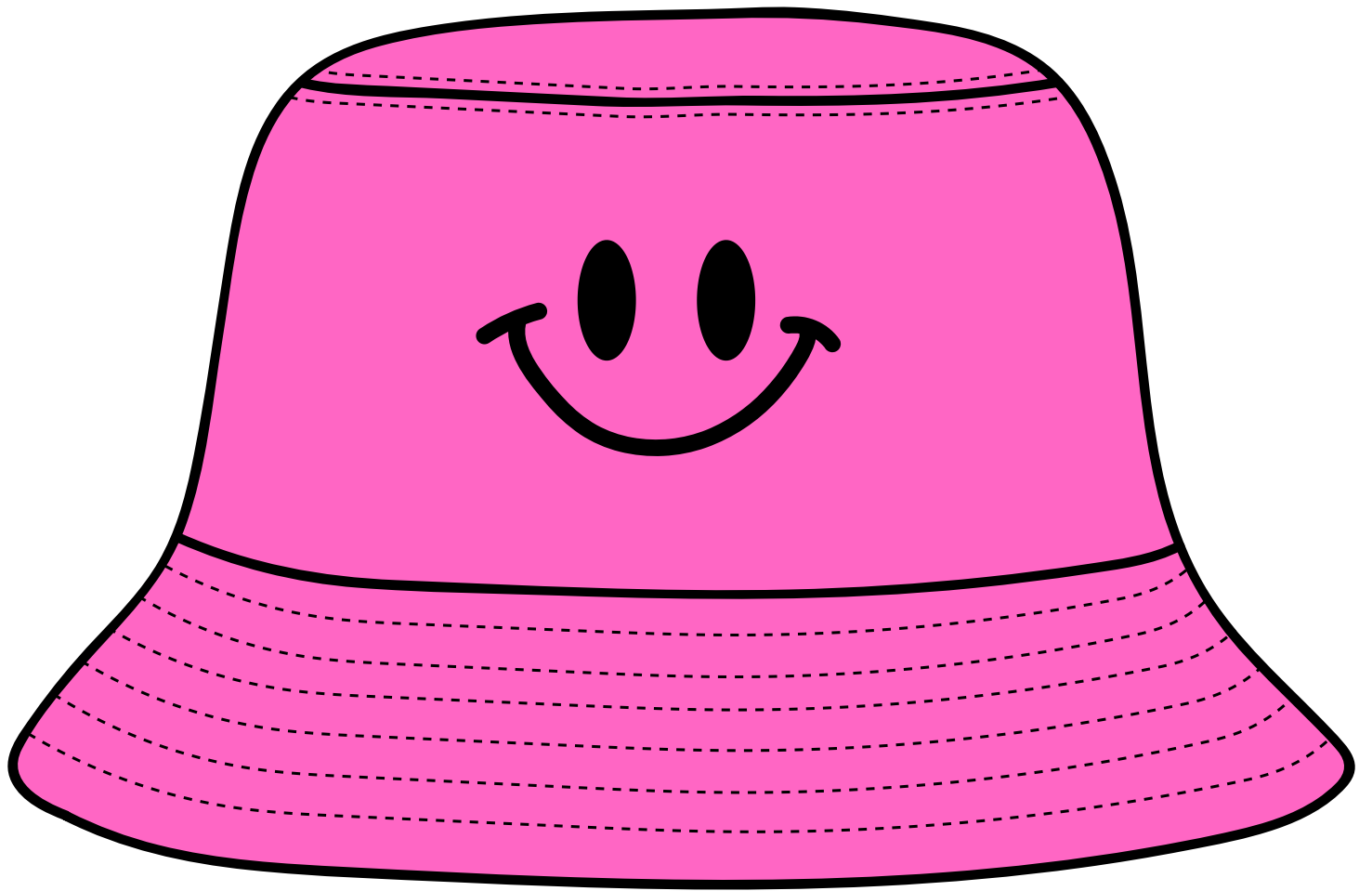
Game 2 - throw a dice and match the child turns to the corresponding colour and taps the hat (increase the difficulty by using more dice so the child has to tap more than one hat each time)

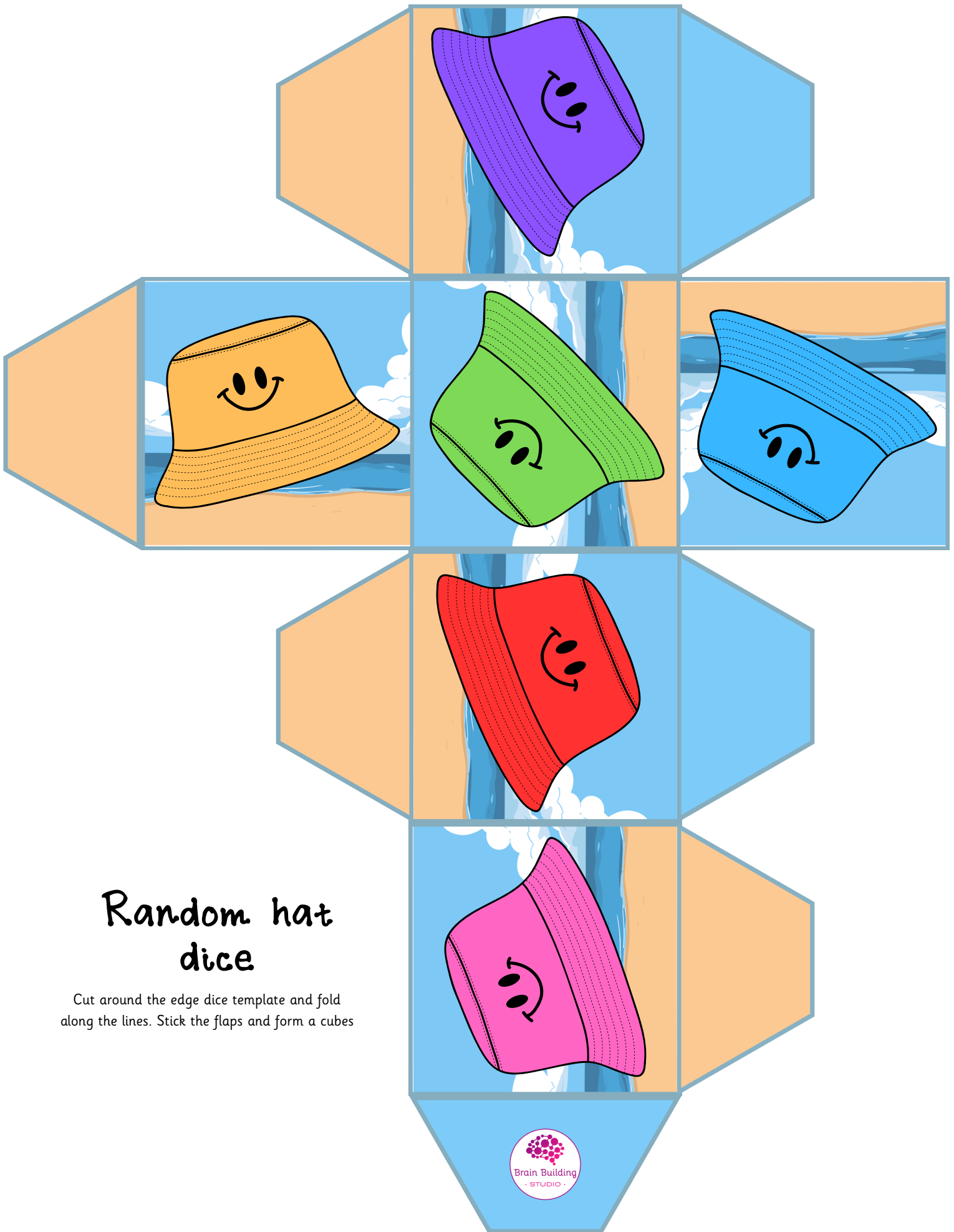
Game 3 - try planning your own sequence by using more dice or spin the spinners 3 or 5 times and then tap the sequence





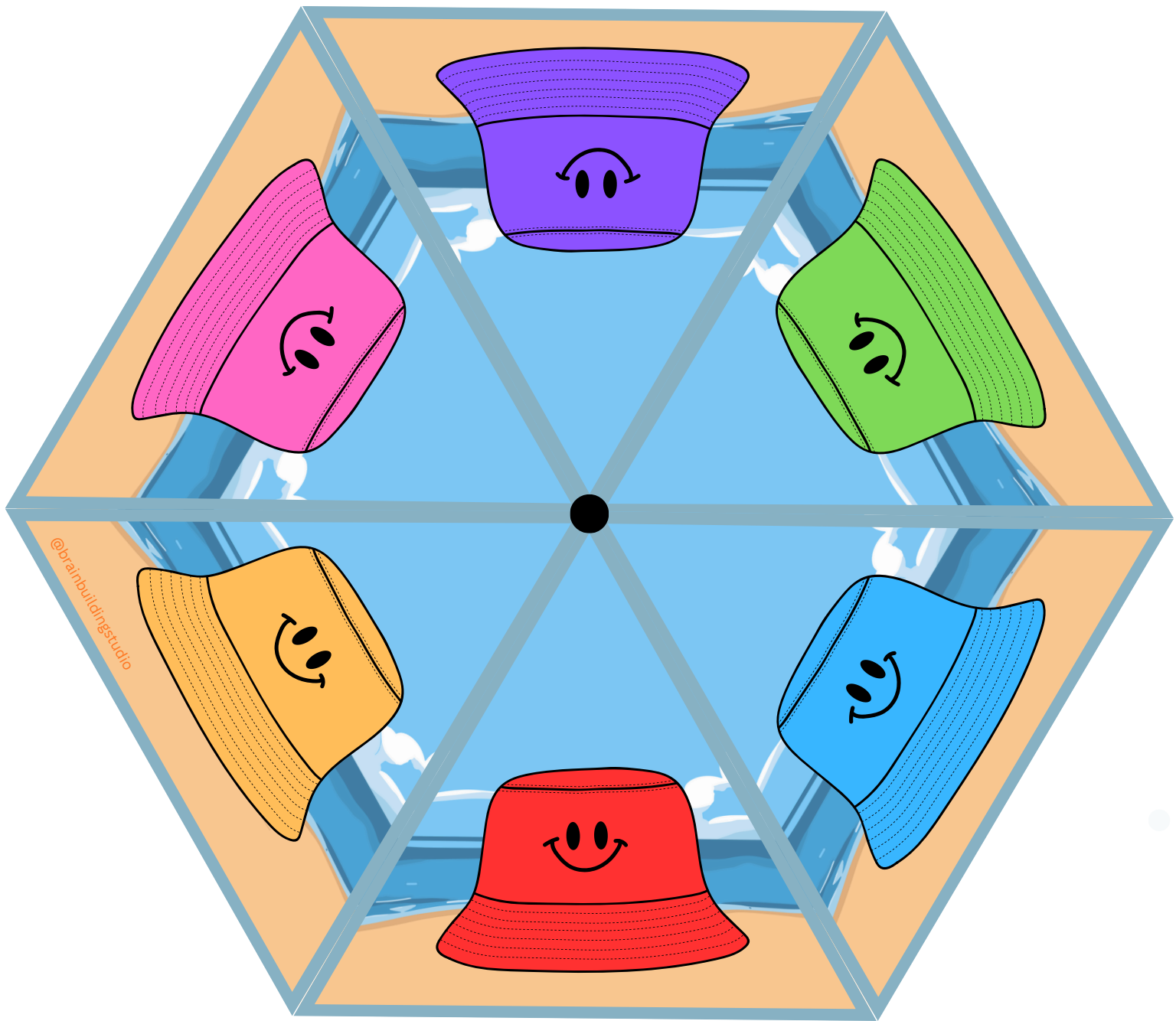






Random hat dice

Cut around the edge dice template and fold
along the lines. Stick the flaps and form a cubes



Random hat spinner

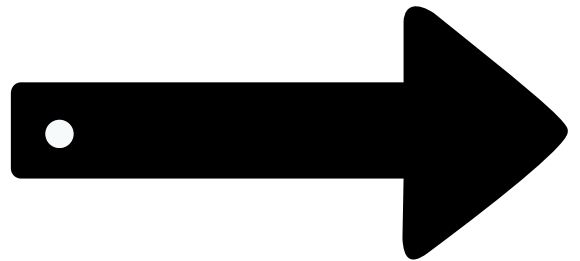
Cut around the spinner and laminate

Either pierce with a the centre hole. Use a split pin and a paper clip to make the spinner



or

Cut out the arrow pointer and secure to the board with a uncoiled paper clip

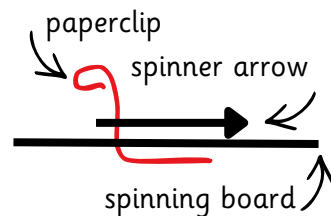


Amazon sell reusable spinners

<https://amzn.to/4qyzcXs>

or

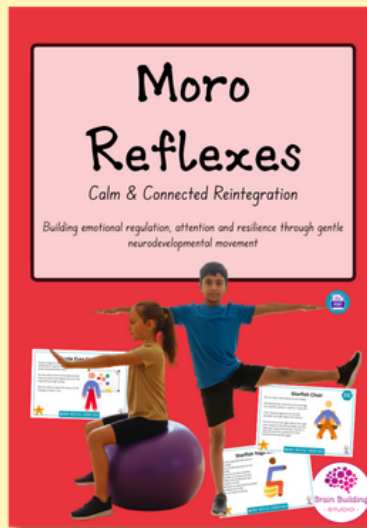
<https://amzn.to/45ve6Rq>





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BrainBuildingStudio



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