

# Snowball Sequence

*Crossing the Midline, Connecting the Brain.*

*A playful, inclusive movement game that strengthens cross-midline skills, supports sensory regulation and prepares children for learning. 20 sequence cards, printable dice & spinner.*



Sequence 6



# Benefits of the Cross-Midline Snowball Game

## 1. Crossing the Midline & Brain Integration

This game actively promotes crossing the body's midline, requiring the child to reach across their body with one hand or throw a ball to tap a target on the opposite side. Crossing the midline supports:

- Communication between the left and right hemispheres of the brain
- Development of bilateral integration (both sides of the body working together)
- Improved coordination, attention and motor planning
- Foundations for later skills such as reading, writing, tracking across a page and problem solving

Standing with the back against the wall provides postural stability, reducing compensatory movements and encouraging intentional, controlled cross-body actions.

## 2. Sensory Circuits & Regulation

The game fits naturally into a sensory circuit, particularly within the alerting and organising stages.

- Proprioceptive input (reaching, tapping, throwing) supports body awareness and grounding
- Vestibular engagement through arm movement and weight shifting
- Visual processing as children scan, locate and track coloured targets
- Predictable structure (dice, sequences, repetition) supports children who need routine and clarity

This combination helps children to regulate arousal levels, preparing them for learning by supporting calm alertness and focus.

## 3. Gross Motor Skill Development

The activity strengthens a range of gross motor skills, including:

- Upper body strength (shoulders, arms, core)
- Core stability, as children maintain an upright standing position
- Balance and postural control, especially when weight shifts across the body
- Motor planning, as children decide how to reach or throw accurately
- Hand-eye coordination, particularly when using a ball to hit the target

These skills underpin endurance for classroom tasks such as sitting, writing and participating in group activities.

## Instructions

The child stands with their back against the wall with the snowball images placed around them (see picture).

Using either their hand or a soft ball, the child taps the snowball indicated by:

- the snowball dice or spinner (random colour generation), or
- by using the sequence cards. The child learns and reproduces the sequence.

Sequences can be built gradually to increase challenge and cognitive load.



#### 4. Executive Function & Cognitive Skills

The inclusion of dice-generated randomness and sequence cards adds a cognitive layer, supporting:

- Working memory (remembering and reproducing sequences)
- Sequencing and pattern recognition
- Inhibitory control (waiting, listening, following rules)
- Flexible thinking, especially when sequences change or increase in length

The ability to build sequences gradually allows for differentiation, ensuring challenge without overload.

#### 5. Self-Regulation & Emotional Development

The game supports self-regulation by:

- Encouraging controlled movement rather than impulsive actions
- Offering clear start and end points, which supports emotional security
- Building confidence and resilience through achievable success
- Supporting turn-taking, attention and rule-following in shared play

Physical activity combined with structured cognitive challenge helps children release excess energy while maintaining engagement and emotional control.

#### 6. Inclusive & Accessible Design

The game is highly adaptable and inclusive:

- Can be played with hands or a ball
- Suitable for children with ASD, ADHD, dyspraxia, developmental coordination difficulties or sensory processing differences
- Allows for graded challenge through sequence length, speed and method of interaction
- Encourages success through movement rather than language, benefiting children with communication needs

#### Summary

This cross-midline snowball game is a purposeful, engaging activity that integrates movement, cognition and sensory regulation. It supports brain development, gross motor skills, self-regulation and readiness for learning, making it an excellent tool for sensory circuits, targeted interventions and inclusive classroom practice.

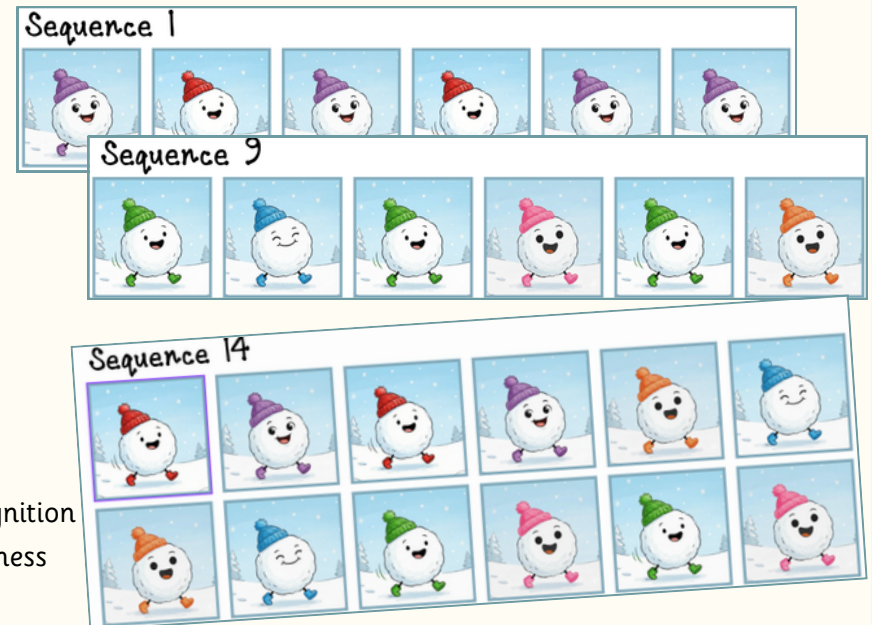
Snowball Dice  
Print, Cut, Stick & Throw



Spinner Template  
also included

Snowball Sequence Cards

NB: these work best if you arrange the printed Snowball Characters as shown in the picture



# Game Setup

Place the Snowball Cards on the wall in the sequence shown so you can stand within the cards



## Game 2

Use the sequence cards and tap the corresponding snowball. Try learning the whole sequence



## Game 3

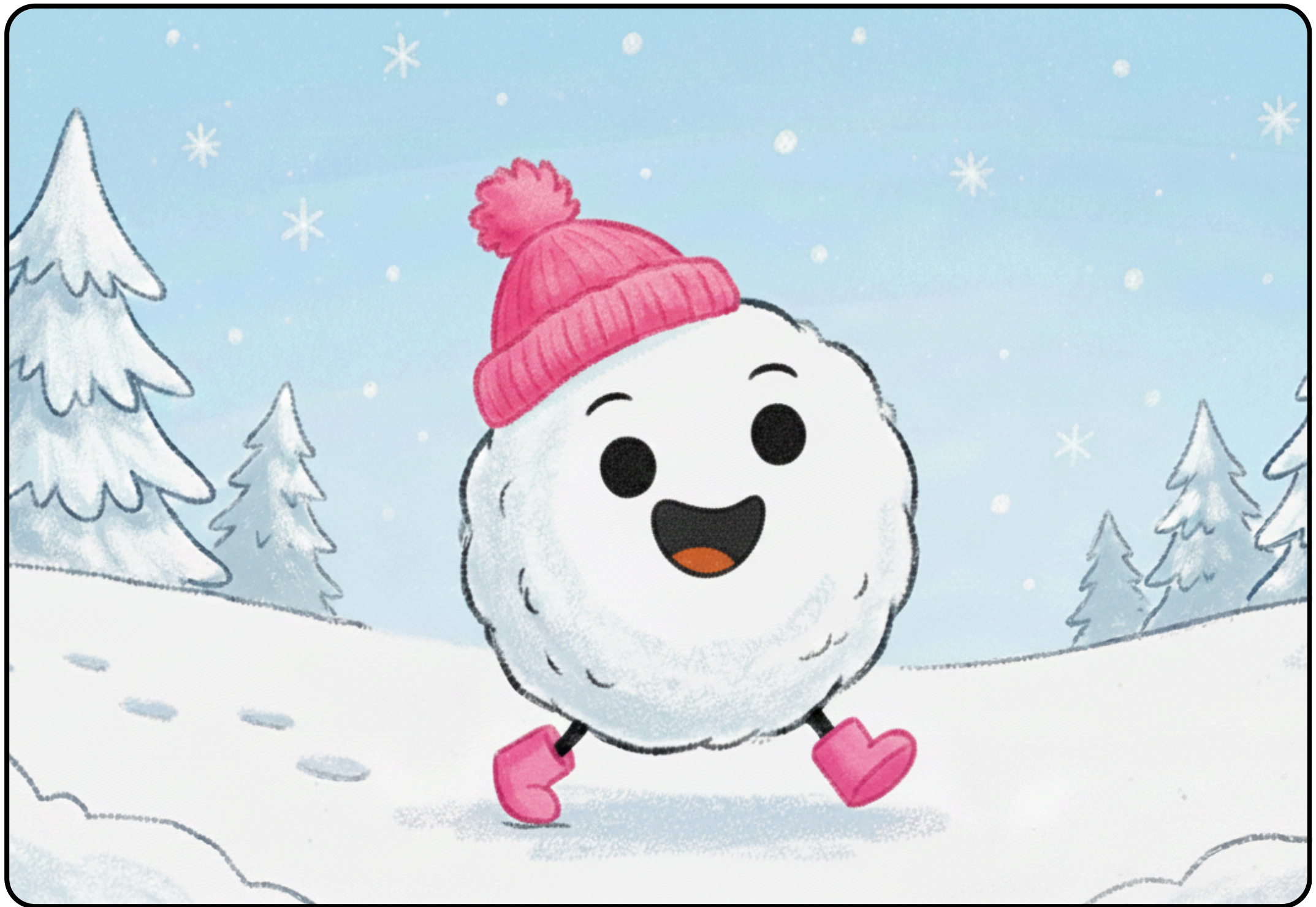
Try planning your own sequence using the Sequence Boards and mini Snowball cards



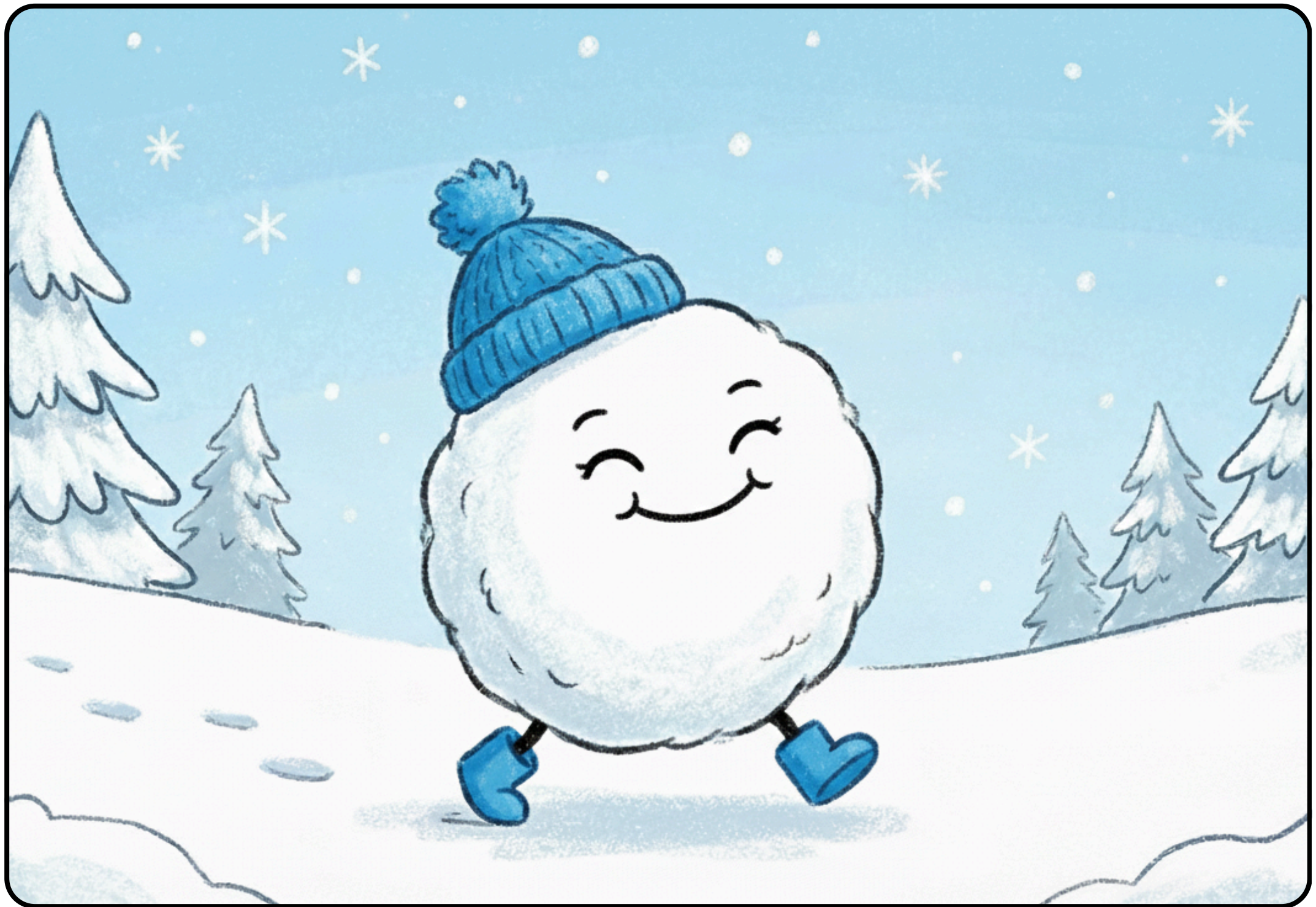
## Game 1

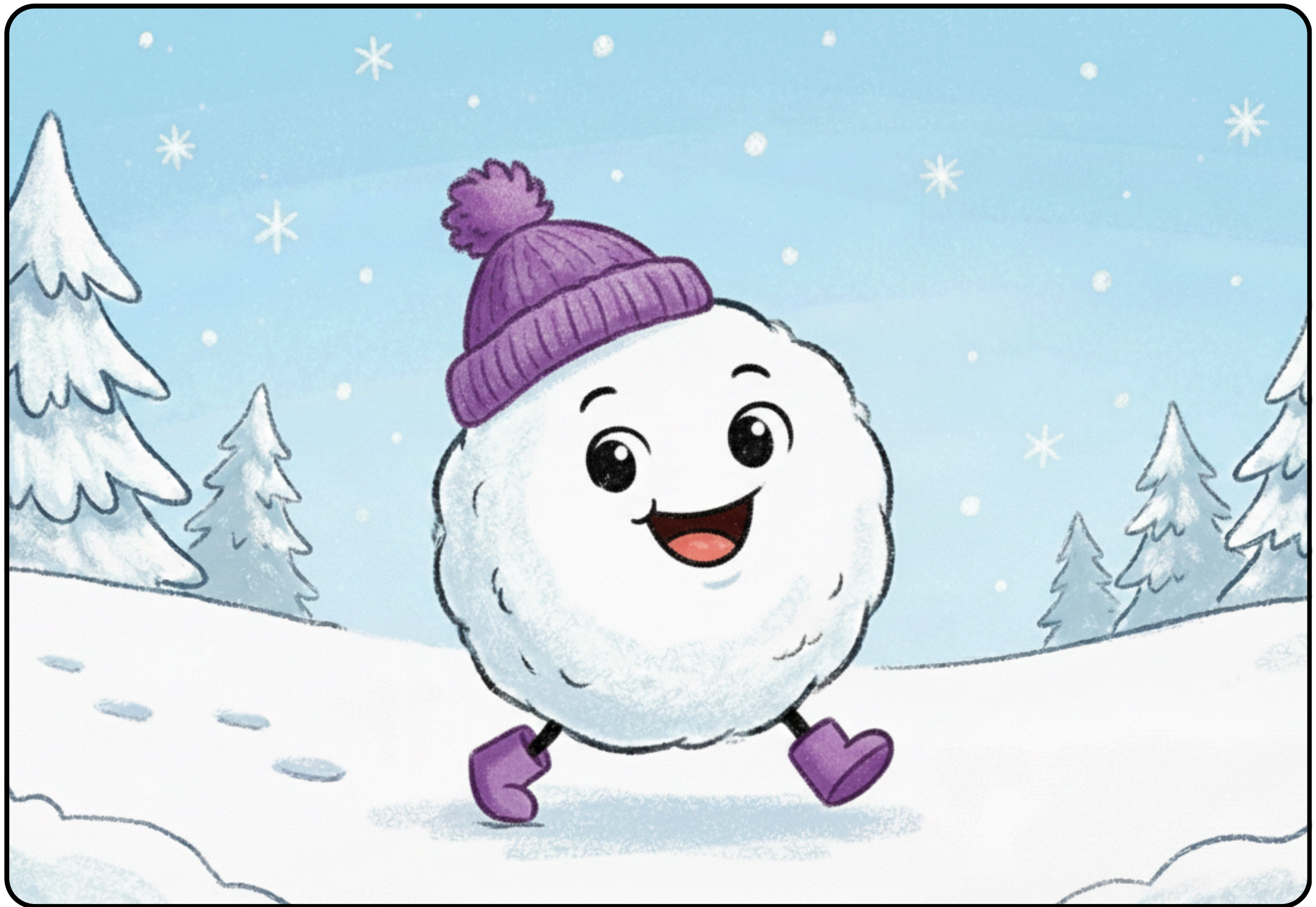
Throw the dice or spin the spinner. Keep your feet fairly still and touch the corresponding snowball

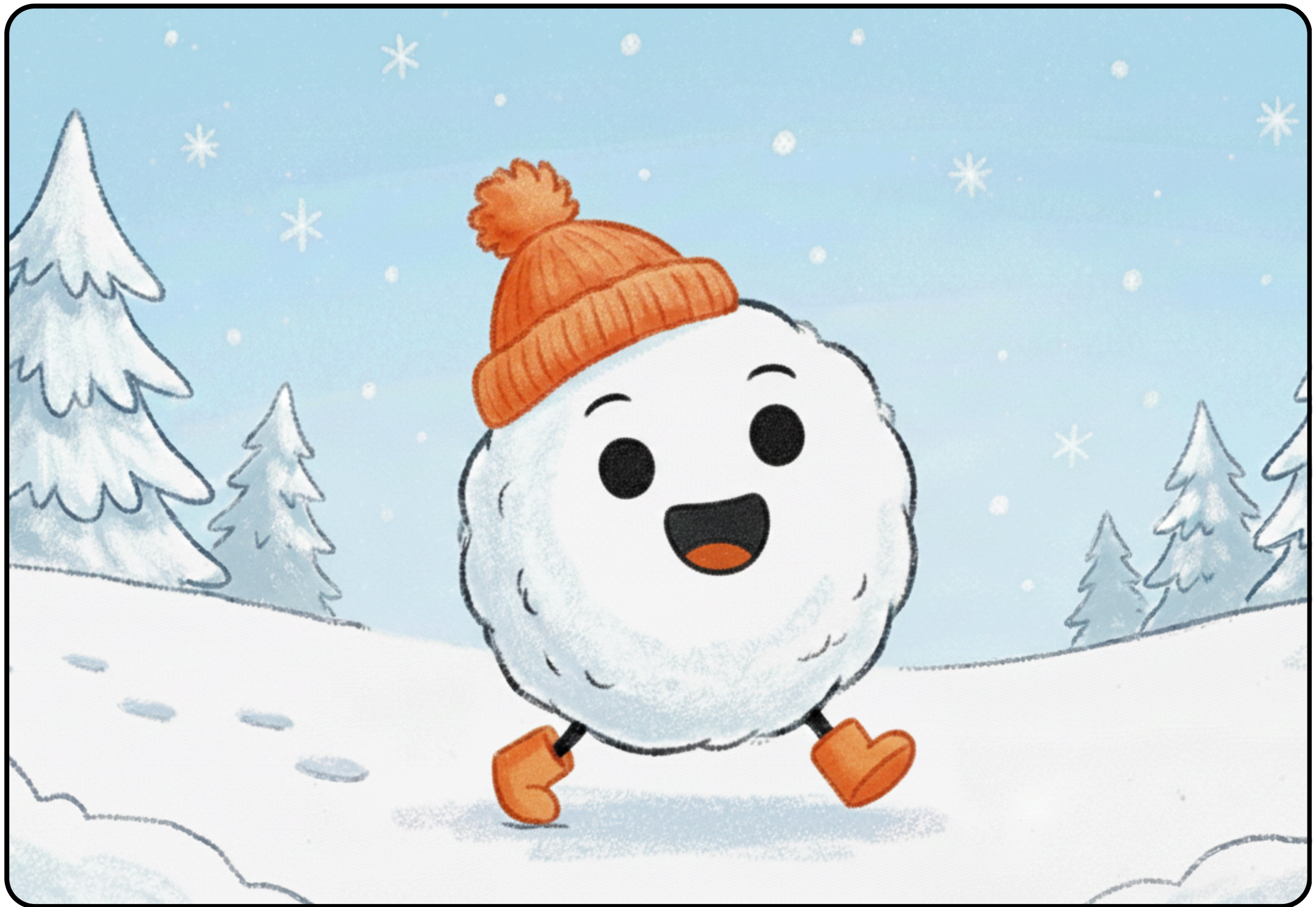




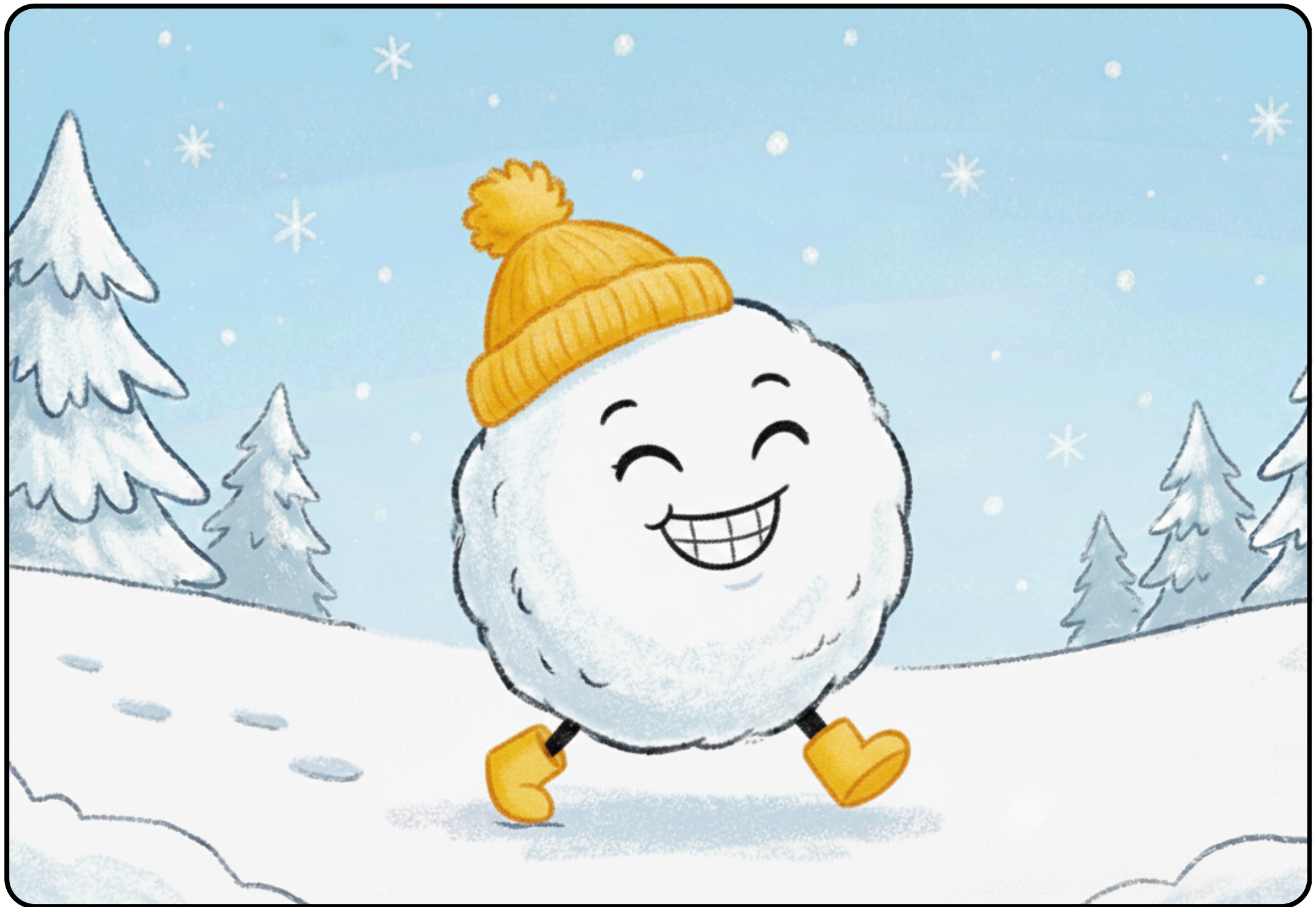














# Sequence 1



# Sequence 2



# Sequence 3



# Sequence 4



# Sequence 5



# Sequence 6



# Sequence 7



# Sequence 8



# Sequence 9



# Sequence 10



# Sequence 11



# Sequence 12



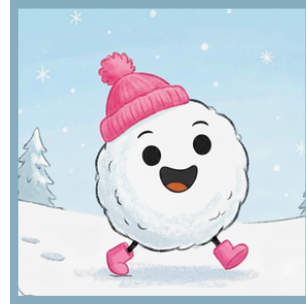
# Sequence 13



# Sequence 14



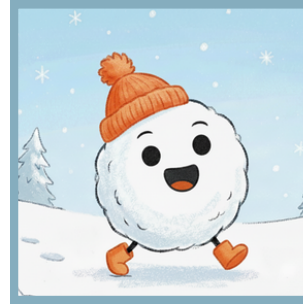
# Sequence 15



# Sequence 16



# Sequence 17



# Sequence 18



# Sequence 19



# Sequence 20





## Random snowball dice

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

# Random snowball spinner



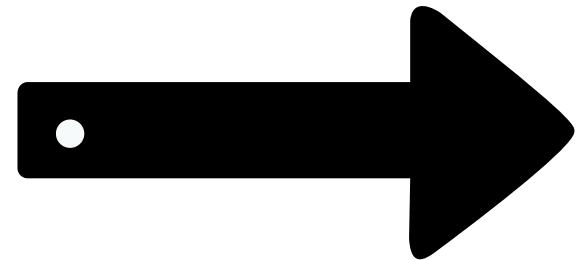
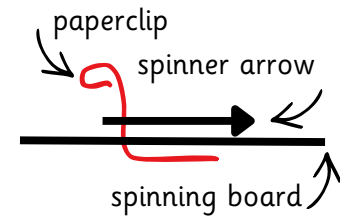
Cut around the spinner and laminate

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>



Create a snowball sequence

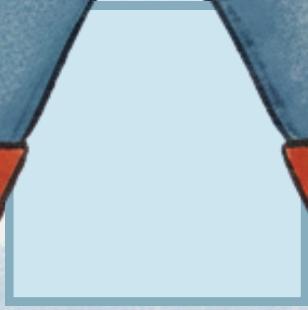
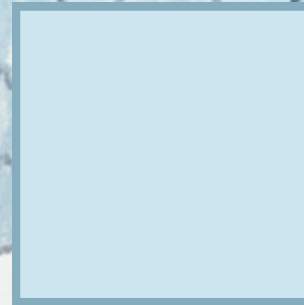
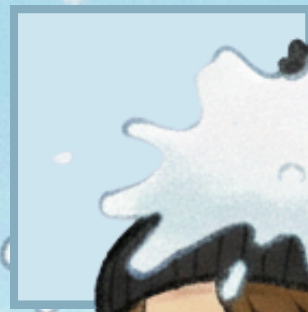
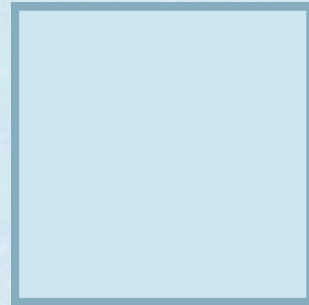
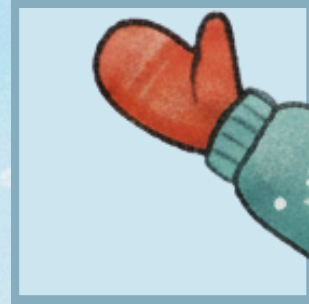



Create a snowball sequence






# Plan a snowball sequence





# Inclusive education through brain-based learning

# BrainBuildingStudio

TikTok

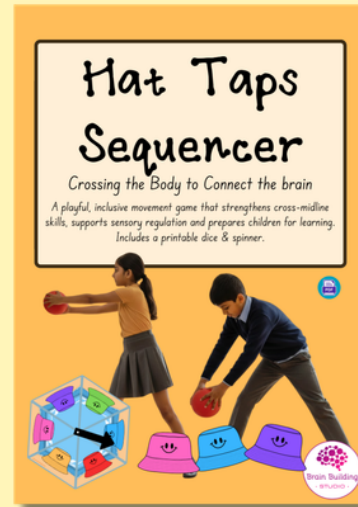
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