



# Activities to Encourage Bilateral Coordination

The activities below encourage the use of 2 hands in an activity together

**Screwing lids on and off jars** - Assembling nuts and bolts. Hide small objects or stickers inside for the child to "discover."

**Large Legos (Duplos), Kinex, or other construction toys** - one hand stabilizes and the other manipulates the piece into position.

**Pushing a car or train around a track** - Draw a track or "streets" on paper. As the child moves the car, he crawls and naturally stabilizing his weight on one hand and drives with the other.

**Tool use** - Hammering or using a screwdriver. Children's toy work benches .

**Clasping** - Use tongs, large tweezers, a strawberry picker or clothes pin to pick up objects

**Scooping** - Scoop beans, sand, or noodles with a spoon into containers. Use both hands.

**"Pick-up games."** - Use pennies, buttons, beans, skewers cut into one inch lengths or other small items which require use of a refined pincer grasp (i.e., holding the item between the pad of the index finger and pad of the thumb). Then try putting the items into a small hole or slot cut in the lid of a plastic container.

**Coloring** - Encourage coloring on small pieces of paper. One hand stabilizes the paper from slipping.

**Ball Play** - Rolling balls, catching, tossing balls or beanbags into a container.

**Lacing Cards** - Make a pattern on thin cardboard with a hole punch. Use long shoelaces, or yarn with the end stiffened with tape or blunt tapestry needles and yarn.

**Bowling** - Go to an alley or set up some water bottles or soda bottles to knock over at home with a ball.

**Play Dough** - Roll, cut out cookies, pull off small pieces to make balls

**Zip Lock Bags** - Place small objects in zip-lock bags. Use one hand to hold the bag and the other hand to put the items away with.

**Tracing templates or stencils** - One hand to traces and the other to stabilize.

**Stickers** - Taking stickers off of the sheet can be very challenging for some children. Start with larger stickers, moving to smaller ones as the child develops his skill in removing stickers.

**Twister Game** - Available commercially.

**Simon Says** - Use left and right commands

**Line Game** - Tape a line to the floor or use a rope. Give child left/right commands for walking, jumping, hopping. For example - two jumps to the left, three jumps to the right.

**Goal:** The child uses one hand, while the other assists

**Watch for:**

- Switching hands mid-activity
- Avoiding crossing mid line.
- Using both hands equally vs. one hand to manipulate, one to stabilize