

Activities to Develop Bilateral Coordination

Bilateral Coordination is the ability to use both sides of the body at the same time in a controlled and organized manner. This can mean:

- ✓ Using both sides to do the **same thing**, as in pushing a rolling pin,
- ✓ Using **alternating movements** such as when walking, or
- ✓ Using **different movements** on each side, such as when cutting with scissors while holding and controlling the paper with the other hand.

Simple Symmetrical Activities

- Pull cotton balls apart, glue on paper to make a picture
- Tear strips of paper, paste on paper to make a collage
- Squeeze, push and pull on clay, putty, play doh or modeling foam
- Pull apart or build construction toys (Duplos, Legos) with both hands
- Roll play doh, putty or clay with rolling pins
- Percussion toys: symbols, drums (both hands together), etc.
- Pull apart and push together crinkle tubes
- Penny flipping: line up a row of pennies, start flipping with each hand at the far end until they meet in the middle
- Penny flipping: line up in an oval, start at the top with both hands and flip pennies simultaneously until hands meet at the bottom
- Jump rope
- Ball play: throw and catch with both hands together
- Finger painting
- Bounce a large ball with 2 hands, throw or push a ball with 2 hands

Activities that require different skill sets for each hand

- Cut out all types of things with scissors: cut straws and then string up pieces for jewelry, cut Play Doh or putty, cut up greeting cards and make a collage, cut Styrofoam packing peanuts
- Spread peanut butter, or any spread on crackers, frost cookies; be sure to hold the cracker or cookie still
- Lacing Cards
- String beads to make jewelry
- Coloring, writing, drawing: be sure the other hand is holding down the paper
- Trace around stencils: the helper hand holds the stencil down firmly while the other draws around the stencil