

Bilateral Activities

Bilateral coordination is the ability to use both sides of the body together in a coordinated way. It is also called **bilateral integration**. These are great activities to help use two sides of the body together.

- Marble painting with a tub and using both hands to hold the tub to move the marble around
- Bopping a balloon back and forth or popping bubble with both hands
- Tearing/ crumpling tissue paper, cotton balls (create a craft, etc.)
- Connecting/ separating construction toys; magnetic blocks, Mega blocks, pop-beads, Legos
- Playing catch/ throw games to encourage coordinating hands
- Pinching, pulling, squeezing, play-doh (finding hidden objects, etc); as well as using the play-doh tools
- Stringing uncooked pasta on yarn or beads on pipe cleaners/ string
- Snipping/ cutting with scissors –yarn, string liquorice, play-doh, construction paper (thicker), coupons etc
- Lacing activities/ games- i.e. use hole punchers with craft projects and have the child lace string/ yarn through the holes
- Frosting cookies with a butter knife, spreading peanut butter on crackers/ toast
- Squeeze, push and pull on clay, putty, play doh or modeling foam
- Pull apart construction toys (Duplos, Legos) with both hands
- Roll play doh, putty or clay with rolling pins
- Pull apart and push together crinkle tubes
- Jump rope
- Ball play: throw and catch with both hands together
- Bounce a large ball with 2 hands, throw or push a ball with 2 hands
- Crawl on all fours: forward, backward, sideways or change direction on command. Through the tunnels in soft play
- Crawl through an obstacle course
- Trace around stencils; the helper hand holds the stencil down firmly while the other draws around the stencil.