

Activities to Encourage Bilateral Coordination of the Hands and Arms

Any activity that encourages the motions of the hands working together will help a child practice his or her bilateral use of the hands. Progress in this area can be seen at school, when a child starts to stabilize his or her paper for writing.

Simultaneous hand motions



1. Squeezing a bubble bear with two hands.
2. Jump rope - This activity gives lots of input to the whole body and can provide a great workout.
3. Clapping hands to a variety of rhythms. A variety of hand clapping games can be found on the internet.
4. Make circles or shapes, two at a time on a chalk board or large paper taped to the wall, by holding a piece of chalk or marker in each hand.
5. Play with percussion instruments using both hands. Empty paint cans (higher pitch) and empty buckets (lower pitch) turned upside down are easy to use for a beginning drummer.
6. Play with two streamers, one in each hand. Don't forget to put on some music to add to the fun.

Coordinated, differentiated hand motions



7. Encourage coloring on small pieces of paper. One hand has to stabilize the paper or it slips all around. Also do paper/pencil work on the wall, this forces the child to hold the paper or else it falls. Especially do fun visual motor activities like mazes, dot-to-dots, coloring.
8. Use of other household tools such as tongs and tweezers to move objects such as pom poms, cotton balls, marshmallows, small toys. Drop the items into a container held by the non dominant hand.
9. Legos or other building toys. The non dominant hand must stabilize the object, as the dominant hand puts the new piece on.
10. Tool use such as hammering or using a screwdriver. Working on a wood working project provides a large number of opportunities to use both hands.
11. Lacing cards, hand sewing or plastic canvas projects encourages the use of both hands. Lacing cards can be made of thin cardboard with a hole punch. Use long shoelaces, or yarn with the end stiffened with tape or blunt tapestry needles and yarn. Burlap can also be used for lacing, with the advantage that it needs no hole punching.
12. Tracing over templates is a good activity. One hand performs the motions and the other must stabilize the template.