



Bilateral arm and hand movement

Bilateral integration is an important foundation for the development of co-ordination between left and right sides of the body. A child with poor bilateral co-ordination may have problems with balance, riding a bike, throwing and catching balls, using knife and fork, shoelaces, handwriting and stabilising an activity with one hand whilst doing it with the other.

Activities that have both hands working together

Games-Rowing in pairs, sitting on the floor, legs open and feet together, holding hands, pulling and pushing against each other

Drawing with 2 hands-Put large sheet of paper on the wall. Using chunky pen held in both hands, draw on the paper. This can also be done with paint or using chalk.

Baking-Dough kneaded and rolled by two hands encouraging the same movements with both hands at the same time.

'Moving house'-Push heavy objects with both hands e.g. large cardboard box with toys books or another child inside.

Push wall-Push ups against the wall or encouraging him to try to push the wall down. Hands flat against the wall to encourage stretching of the muscles and tendons

Tidying up-Picking up different objects in each hand and putting them into a box

simultaneously – can be used when clearing up an activity.

Water Play-Filling a bucket with water and then bilaterally pouring the water out. Swishing the water through cupped hands. Ringing out sponges/dish cloths

Body Awareness Songs-Head, shoulder, knees and toes using both hands. Copycat mirroring.

Ball Games-Large ball, playing catch and throw. Sitting with legs apart and rolling the ball away. Cricket, hockey or similar bat and ball games.

Bursting Bubbles-Clapping Hands to burst the bubbles

Mini Sphere-Pulling sphere open and closed

Floor Sweeping-Pushing brush away from body .

Stickle Bricks®-Pulling the bricks apart

Velcro®-Tearing two pieces of garments with Velcro attached apart

Wheelbarrow race-Child becomes a wheelbarrow, extending arms outwards and walking on hands

Musical instruments-Child uses rhythm instruments, one in each hand, using a variety of rhythms. Useful instruments include maracas, cymbals, cans filled with beans, drums and xylophones.

Clapping activities and games-Children clap hands together on thighs and knees or against someone else's hands in various alternating rhythms. Children play clapping games that involve asymmetrical clapping.

Ball activities-Encourage child to engage in ball activities and games that require alternating arm movement. Examples include incorporating these into games or relays.

Finger painting-Child scribbles freely, using both hands in alternating patterns, while watching movements and the lines that result. Child erases the design by gliding one hand, then the other smoothly across the paint. Encourage child to make vertical and horizontal lines and circles using one hand, then the other, in a rhythmic pattern.

Box or tray with thin layer of sand-These can be used in the same manner as the finger paint, with both hands used for free scribbling and making shapes and lines in alternating patterns. For variation, use shaving cream or powder on a table.

Jars and containers with lids-Child opens and closes a variety of containers. Store classroom materials and toys in closed containers, have child get materials out and put them away. A full box of jars filled with attractive small objects (stars or stickers) is often a popular toy for free play time in pre school.

Cutting with scissors-Encourage child to use one hand to hold paper while the other hand manipulates the scissors.

Paper and crayons-Colouring or drawing on small pieces of paper over them, encourages stabilisation with the non-preferred hand so that the tracing or design will be clear. These activities provide visual feedback about how well the paper or template was stabilised, and progress can be seen clearly.

Using a ruler-Have a child use a ruler to make straight lines (e.g. frame for a picture). Using the ruler to make straight lines on an upright surface (e.g. chalkboard) makes stabilisation with the non-preferred hand essential.

Stitching boards-Boards with holes for stitching can be purchased in a variety of designs or made from cardboard with a hole punch. Holes are punched to form shapes of letters, numbers, or geometric figures. Use long shoelaces with stiff ends or use blunt tapestry needles and yarn.

