

Bilateral Coordination

Bilateral Coordination is the ability to use both sides of the body in an activity. Some activities require both hands being used together in similar fashion (two hands on a broom to sweep the floor) and other activities require the hands to be used in a “lead and assist” manner (writing with one hand, and stabilizing the paper with the other hand).

Gross Motor Activities

- Ball Play – rolling, catching, batting, dribbling. Use a variety of types and size of balls (ballons, nerf balls, wiffle balls, regular balls, etc.) Use a variety of “batting” objects (bats, hands, cardboard roll, broom stick, etc.) and “catching” objects (scoops, buckets, hand towels, nets, etc.)
- Rhythm Patterns – Imitate tapping, clapping, wiggling, shaking, etc. of different body parts. Create patterns and rhythms. Use both hands and/or feet together and alternately. Use chants, counting, and singing to make it easier to catch on to the pattern.
- Ribbon Dancing
- Perform jumping jacks, cross country skiing (same leg and arm, opposite leg and arm). Practice bilateral arm movements used in swimming on dry land.
- Jump rope.
- Play floor hockey or street hockey. Try it with a ball and plastic sticks or brooms

Fine Motor Activities

- Practice turning a wind up toy. Try the large ‘key’ then the small ‘knob’ types.
- Separate or put together ‘pop beads’. Play construction games (Legos, Lincoln logs, etc.).
- Musical instruments – xylophone, symbols, triangle, drumming (use pots, cans, boxes with mallets, spoons, and/or hands). Follow the beat while chanting rhymes or playing music.
- String beads. You can use a shoe lace, gimp (plastic string) or string. If needed wrap tape around the end of a string to provide a long stiff tip to fit through beads
- Lace cards with designs/pictures outlined with punched holes. The child can punch the holes, too, using a punch, push pin, or nail. Lace shoes.
- Start a work board where the child can practice nailing into soft wood. This can be modified to using a light or toy hammer to nail golf tees into styrofoam.
- Practice tying shoes, tying ribbon on presents, tying string around bundles of newspaper.
- Art and Craft activities or craft kits.
- Play with water or sand. Use scoops or cups to fill containers and pour or build.

Household Activities

- Washing dishes.
- Cooking activities – grating, hand mixing, using a potato masher, rolling pin.
- Folding laundry. Wringing out wet towels and clothing.
- Sweeping, brooming, vacuuming – using two hands.