



BILATERAL HAND SKILLS ACTIVITIES FOR THE SUMMER

What is bilateral hand skills and why it is important for your child?

Bilateral means using both hands and both sides of the body in a smooth manner during activities and play. We need this skill in order to complete our daily activities including dressing, playing, eating, and school related activities.

Bilateral hand use includes using both arms/hands at the same time for the same action, such as catching a ball, using a rolling pin and stringing beads.

It also includes using the same action at alternate times, such as dribbling a ball with one hand, then the other hand.

Finally, it includes the ability to use different sides of the body for different movements, such as holding the paper with one hand when using a scissor with other hand.

INDOOR ACTIVITIES AND GAMES

- **Play Dough** - use both hands to roll dough with a rolling pin or homemade dough from your kitchen.
- **Lacing Cards**- one hand holds the lacing board and the other laces through the holes.
- **Folding laundry**- fold small towels, napkins, etc.
- **Folding Paper or paper napkins**
- **Washing dishes**
- **Popping bubbles using both hands**
- **Snapping green peas**
- **Tying knots & bows**
- **Scissors** – cutting with pre-school scissors or play dough cutting with scissor
- **Peeling stickers** and placing them on a paper
- **Arts and crafts activities** such as tearing small pieces of paper and paste onto paper, stringing beads using pip cleaners
- **Pull apart and put together** pop beads, Legos, Mega blocks, of different sizes
- **Pull and Push activities** such as pushing toy shopping cart, pulling a bag of heavy objects
- **Putting on socks**
- **Opening/closing a small jar or bottle cap**
- **Opening /closing a marker cap**



OUTDOOR ACTIVITES AND GAMES

➤ **Ball Games**

- Throw and catch with both hands
- Bounce a large ball with both hands
- Throw a ball with both hands



➤ **Tug of war**

- **Zoom Ball**-great upper body strengthening as well as bilateral hand activity

➤ **Clapping hands**

➤ **Wheelbarrow walk**

➤ **Scooter board activity**

➤ **Jump rope**

➤ **Jumping Jacks**





Bilateral Coordination Skills Within the Home

Why is it Important:

Bilateral coordination is a skill we use day to day. We have a dominant hand that does majority of the work, but we also have a helper hand that assist our dominant hand! Thus, bilateral coordination is being able to use both hands during tasks with ease. If we do not have optimal bilateral coordination, then tasks become extremely difficult. Some bilateral coordination activities include



- A) Putting toothpaste onto a toothbrush
- B) Tying your shoes
- C) Cutting food
- D) Writing
- E) Using scissors
- F) Putting on clothing
- G) Opening a bottle



How to Help Children:

In order to improve bilateral coordination skills for a child, we must incorporate many bilateral coordination activities to increase the skills. At home we can assist them with

1. Putting toothpaste on a toothbrush
2. Coloring using one hand to hold paper while the other colors
3. Beading a necklace using two hands (cheerios, froot loops)
4. Cutting out shapes using one hand to hold paper and the other to cut
5. Rolling out dough using both hands
6. Playing with Legos, stacking cups





ACTIVITIES TO PROMOTE BILATERAL COORDINATION

SUGGESTED ACTIVITIES:

- Play catch with child using a large ball. Child must use both sides of the body to catch and return the ball.
- Kangaroo hop: holding a small ball between the knees, have the child hop across the room.
- Balloon volleyball.
- Riding bike or tricycle.
- Sliding and sledding in the snow.
- Jump rope.
- Sack races with old pillow cases.
- Leaning back on hands with arms straight or on bent arms, have the child kick a ball with both feet.
- Roll out clay with a rolling pin.
- Wheelbarrow walk: The child walks on his hands while someone holds his feet.
- Crabwalk: Doing a back bend, the child walks on palms of hands.
- Push me game: Sit cross-legged directly in front of the child while he places the palms of his hands against you and tries to push you over.
- Rolling, jumping, skipping and hopping are all good.
- Rocking on the floor. The child clasps his hands around his flexed knees and attempts to rock backwards again without letting go.
- Heavy work activities: Have the child rake leaves, shovel dirt, sweep, mop or perform any other activity with adult-sized tools requiring both hands.
- Baseball or T-ball.



BILATERAL COORDINATION SKILLS in CHILDREN 0 TO 12 MONTHS

Bilateral Coordination

Bilateral coordination skills are crucial for children ages 0 to 12 because it creates the opportunity for your child to use both sides of their body in a coordinated manner. This includes hands, eyes, arms, legs, feet, and the brain. Having these skills at a very young age are important for visual perceptual skills including visual motor, visual sensation, visual attention, gross motor movements, and fine motor coordination skills.

0-12 Months SUGGESTED ACTIVITES:

- Peak-A-Boo: Have child bring their hands to their face at the same time



- Clapping child's hands together



- Popping Bubbles



- Banging toys together





Rolling Soft Toy Ball

- Tummy Time: Place toys in front of child to encourage reaching



with both hands



- Placing baby on their stomach on top of an exercise ball and have them reach for toys



- Floating Catch: Gather some lightweight, colorful scarves and toss them in the air so that they float down in front of your baby, and they can attempt to grab them.



- Crossing arms to their opposite knee exercise
- Bicycle legs and legs up to chest and down

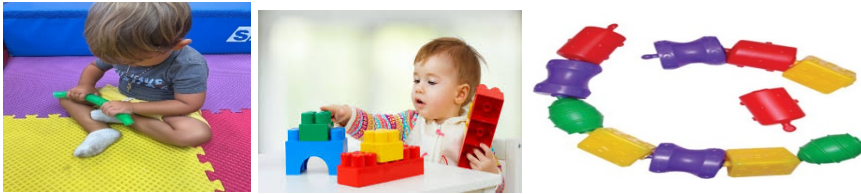
- Encourage child to touch feet with their hands. Help them do this if not doing so. This gives excellent body awareness of top and bottom halves and right and left sides.





12 to 24 Months Suggested Bilateral Activities

Pushing and pulling Pop Tubes, Pop Beads, and Legos



Stacking blocks, ring stacker



Nuts and Bolts



Playdough activities to integrate bilateral hands such as squeezing, pressing, and rolling



Stacking cups



Buckle Toys



Scribbling using one hand to hold paper while the other hand holds crayon and scribbles



Pulling, Pushing Together, and Cutting Toy Velcro Fruit

Peeling Stickers

