Bilateral hand functions

Bilateral Activities	
Bilateral Coordination is the ability to use both sides of your body in a coordinated fashion. Many activities in school and throughout childhood (and life) require bilateral coordination. **A child with delayed bilateral coordination development may be clumsy and also struggle with certain gross motor activities. Also, they may frequently try to use one hand for tasks that should require two hands.**	<u>2. Alternating movements</u> • Drum or Bongos: with both hands one at a time (reciprocally); try to imitate a rhythm • clapping games to use one hand then the other with a partner. • Hit a balloon from one hand to the other. • Clear up blocks in two lines one left and one right side working with left then right hand into a box. • Sit opposite each other on the floor and roll a ball to left side then right side for the child to push back using the left then right hand. • Spray a pile of crazy foam on the left and right of the child and splat it. • Squirt with a spray water bottle in each hand. • Screw up a piece of news paper with each hand and throw one after the other. • Throw a tennis ball between the two hands e.g. left to right. • Hold a slinky in both hands and pass from one to the other.

Bilateral Activities	
1. Two hands working together • Banging blocks, coconuts together • Clapping activities • Shaking maraca's in both hands • Banging two sticks together • Holding pole/cardboard roll with both hands to push a rolled ball away • Tapping spoons to make a noise/drumming • with two hands move them in a tray of flour/sand to make patterns • Play a toy accordion • Clap to pop bubbles or clap crazy foam placed on the palm of one hand. • Pull apart duplo bricks, velcro wooden fruit toys • Catch and rolled ball • Drum on a gym ball • Pull pooper beads apart or popoid men	Reciprocal Hand Control • Winding wool around a stick or real • Holding a piggy bank and posting coins • Playing a tambourine tapping on the hand or triangle or scraper instrument (Guiro) • Scissor work, holding card and cutting • Undo a lid on a bottle or jar • Unscrew a nut and bolt