

The following activities are helpful suggestions for developing bilateral coordination:

### 3 Basic Bilateral Movements

#### 1) Symmetrical Movements



Symmetrical movements have each leg or hand doing **the same action at the same time**, for example rolling out pastry with a rolling pin, or clapping hands.

#### 2) Reciprocal Movements



Reciprocal movements are actions where first one hand or leg and then the other carries out the same movement in a rhythmical way.

Examples would be pulling a rope hand-over-hand or pedaling a bike.

Reciprocal movements are also called **alternating movements**.

### 3) Leading Hand and Supporting Hand



Sometimes we use one hand to play a supporting role while the other hand does more skilled work, such as cutting with scissors, threading beads or drawing a line with a ruler.

Both hands are working together in a coordinated way, but one is leading and the other is supporting.

1. Marching to music and clapping hands at the same time.
2. Cross crawls - touch your right hand to your left knee and then the left hand to your right knee. Repeat touching the opposite feet.
3. Traditional jumping jacks
4. Cross Country Jumping Jacks - place right arm and right leg forward jump and switch left arm and left leg forward. Try opposite sides - place right arm and left leg forward jump and switch left arm and right leg forward.
5. March in place sitting down while drawing circles in the air with both hands
6. Try a task using both hands or both hands and feet at the same time - ie: dribbling a ball with both hands, kicking a ball and dribbling a ball.
7. Play hopscotch - the skill of jumping feet apart and together requires coordination of both sides of the body
8. Perform motor activities to the beat of a metronome
9. Jumping activities - jumping rope, jump up and clap hands, jump up and touch your heels behind your bottom, jumping activities through a floor ladder, etc.
10. Animal walks that use both sides of the body - ie: crab walk, bear walk and crawling

## Other Bilateral Coordination Activities :

- Bopping a balloon back and forth or popping bubbles with both hands
- Tearing/ crumpling tissue paper, cottonballs (create a craft, etc.)
- Connecting/ separating construction toys; magnetic blocks, Mega blocks, pop-beads, Legos
- Playing catch/ throw games to encourage coordinating both hands
- Playing with toy instruments; banging drums, triangle, symbols
- Pinching, pulling, squeezing, play-doh (finding hidden objects, etc.); as well as using the play-doh “tools”
- Playing with a Zoom Ball
- Stringing uncooked pasta on yarn or beads on pipecleaners/ string
- Snipping/ cutting with scissors- yarn, string licorice, play-doh, construction paper (thicker), coupons, etc.
- Lacing activities/ games- i.e. use hole punchers with craft projects and have the child lace string/ yarn through the holes
- Frosting cookies with a butter knife, spreading peanut butter on crackers/ toast