

Bilateral Coordination Activities

Simple Symmetrical Activities

- Blow bubbles and reach with both hands to pop them
- Pull cotton balls apart, glue on paper to make a picture
- Tear strips of paper, paste on paper to make a collage
- Squeeze, push and pull on clay, putty, play doh or modeling foam
- Pull apart construction toys (Duplos, Legos) with both hands
- Roll play doh, putty or clay with rolling pins
- Percussion toys: symbols, drums (both hands together), etc.
- Play with a toy Accordion
- Pull apart and push together crinkle tubes
- Play Zoom Ball
- Penny flipping: line up a row of pennies, start flipping with each hand at the far end until they meet in the middle
- Penny flipping: line up in an oval, start at the top with both hands and flip pennies simultaneously until hands meet at the bottom
- Jump rope
- Ball play: throw and catch with both hands together
- Finger painting
- Bounce a large ball with 2 hands, throw or push a ball with 2 hands

Alternating movements

- Drum or Bongos: with both hands one at a time (reciprocally); try to imitate a rhythm
- Ride a tricycle or bicycle
- Air biking: while on your back, raise your feet up toward the ceiling and pretend you're pedalling a bike
- Walking, running, skipping, swimming
- Play follow the leader hopping on one foot, then the other; then 2 to 3 times on each foot, alternate repetitions and feet; add arm motions to increase the challenge
- Juggle scarves

Activities that require different skill sets for each hand

- Cut out all types of things with scissors: cut straws and then string up pieces for jewelry, cut play doh or putty, cut up greeting cards and make a collage, cut styrofoam packing peanuts

- Spread peanut butter, or any spread on crackers, frost cookies; be sure to hold the cracker or cookie still
- String beads to make jewelry
- Coloring, writing, drawing: be sure the other hand is holding down the paper
- Trace around stencils: the helper hand holds the stencil down firmly while the other draws around the stencil