

Activity Sheets for Kids of All Abilities: Bilateral Coordination

BILATERAL COORDINATION ACTIVITIES

Children need the ability to use both sides of their body together in a coordinated manner in order to promote improved self-care, play, and school readiness skills. These activities require bilateral hand use and/or overall bilateral coordination to help children integrate both sides of their body together.

- Play catch! Start with a larger ball and as your child is successful, use smaller size balls. If catching a ball is too hard for your child, use a balloon which moves slower and therefore is easier.
- Clapping songs/games such as pat-a-cake, or clapping bubbles to pop them. You can also have your child hold a bucket or other container with two hands and “catch” bubbles or a tossed ball.
- Pop beads or other pull apart toys such as magnet blocks or VELCRO® blocks.
- Have your child hold a dowel horizontally with two hands and hit at a suspended ball or other object. You can also toss a ball or balloon to them and have them hit it back to you.
- Balloon volleyball.
- Sewing cards/lacing games which can be purchased or home made with cardboard, a hole punch, and a shoelace.
- Riding a tricycle or bicycle or other riding toy.
- Sack races with old pillowcases, skipping, swimming strokes.
- Wheelbarrow walk or “animal” walks such as a kangaroo hop, crab walk, or the bear crawl.
- Rolling out play dough or cookie dough with a rolling pin.
- Constructional toys such as LEGO® Bricks, ZOOB®, or other put together/pull apart games.
- Stringing beads. You can use larger or smaller beads depending on your child’s skill level. You can also string dried macaroni, Fruit Loops®, or other items with holes. If your child has difficulty manipulating string, using pipe cleaners, straws, or plastic tubing makes this activity easier!
- Craft activities that require cutting, coloring, painting, and pasting.
- Musical instruments such as drums, cymbals, flute, clarinet, guitar, or piano.
- Carrying large objects from one place to another. You can incorporate this into “clean up time.” For smaller objects, have your child place small toys in a plastic bin and then carry the bin to put the toys away.