

Empower Minds.
Strengthen Bodies.
Inspire Creativity.

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 legos, zoobs, 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.