

Bilateral Coordination



Bilateral coordination is the ability to use both sides of the body simultaneously to complete a functional task. Bilateral coordination can mean using both sides of the body for the same action. It can also occur when each side of the body does a different action. This skill is seen when a child holds a writing utensil in one hand and stabilizes the paper with the other hand. Scissor use and tying one's shoes are also important tasks that require bilateral coordination. Children should be able to perform complementary two-hand use around the age of 3 years old. The following activities promote the use of bilateral coordination in the classroom.

Classroom Activities:

- Finger painting at desks or on an easel.
- Throwing and catching a big bouncy ball or beach ball. This requires the use of both hands for each action.
- Ripping paper (newspaper, construction paper, etc.)
- String beads or macaroni/pasta.
- Practicing buttons, zippers, snaps, lacing cards, and tying.
- Have one child Blow bubbles and having peers pop bubbles using two hands.
- Staple or punch holes in paper.
- Wring out a sponge and wipe off a table.
- Sharpen pencils or staple papers.
- Open and close jar lids.
- Seal and unseal Ziploc bags.
- Push together or pull apart pop beads.
- Cutting with scissors.
- Gluing objects onto paper for craft activities.
- Drawing with both hands at the same time. Can also use a magna doodle.