

Bilateral Coordination



Bilateral coordination is the ability to use both sides of the body at the same time. This can mean using the two sides for the same action (like using a rolling pin) or using alternating movements (like swimming) or using each side of your body for a different action (stabilizing a page with one hand while writing with the other).



Bilateral integration is important because so many movement and actions require movement of both sides of the body e.g. walking, writing, playing an instrument and catching a ball.

Activities to encourage bilateral integration

- Ball games; throwing and catching, trying to aim a ball at a target, basketball.
- Bat and ball games; rounders, tennis, swing ball.
- Touch typing using both hands.
- Literacy or art activities- encourage use of non-writing hand to support page.
- Playing the keyboard or piano.
- Shaking dice with both hands while playing board games.
- Cooking/baking activities, e.g. holding mixing bowl in one arm and stirring with spoon in other, rolling mixture with rolling pin or spreading soft margarine on bread.
- House hold tasks- matching socks and matching lids to lunch boxes.
- Using scissors to cut wrapping paper for books or presents.
- Creating hair styles- tying hair up or plaiting hair.

<https://www.pinterest.co.uk/funspot123/fine-motor-activities/>

