

Bilateral Skills

- Have your child reach up with both hands to grasp 2 objects held above the head
- Give your child a large box or basin to carry with 2 hands
- Hand your child toys at the same time, one in each hand
- Roll or throw a large ball
- Bang 2 objects together
- Play clapping games (pattycake, “if you are happy and you know it”)
- Play music games with bells or shakers in both hands
- Transfer objects back and forth from one hand to the other (play “hot potato”)
- Clap bubbles to pop them
- Tear paper
- String beads, pasta, fruit loops, etc
- Complete lacing activities
- Play with instruction toys (ie. lego)
- Take off and put on marker lids
- Sharpen pencils
- Open containers with lids
- Use a rolling pin to roll Playdoh or cookie dough
- Wheelbarrow walking, animal walking (ie. crab walk, bear walk, seal walk)
- Use climbing equipment holding with both hands

If you have any questions, please contact your Occupational Therapist.

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