

## BILATERAL INTEGRATION

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### What is it?

Bilateral integration refers to the ability to use both sides (left and right) of the body in a coordinated manner during an activity.

### How can I help the child?

Here are some activities that can assist a child to develop bilateral integration skills.

### Activities

- Screwing and unscrewing: Have the child open and close lids of a variety of sized jars; one hand (the “helper hand”) holds the jar, while the other hand (the “working hand”) screws/unscrews the lid.
- Lego: Encourage the child to use a variety of different sizes and shapes.
- Cutting with scissors: One hand (the “helper hand”) holds the paper, and the other hand (the “working hand”) grasps the scissors.
- Beading: Use a variety of different sized / shaped beads and different types of strings (ex. Gimp, leather, shoelace, pipe cleaner).
- Card games: Encourage the child to hold their cards with one hand and pick up cards with the other.
- Using a rolling pin: Have the child help in the kitchen or roll Play-Doh.
- Tug of war: Using a skipping rope or a towel.
- Hold an activity page (colouring page, maze, or word search) to the wall (with the “helper hand”) and complete the activity (with the “working hand”) while standing.
- Playing sports such as baseball, hockey, golf, swimming, martial arts, bicycling and gymnastics.
- Roll or throw a large ball back and forth with your child using both hands.
- Action games: Games such as “Simon Says”, “Hokey Pokey” and “Twister” encourage the use of both sides of the body to work together.

- Clapping games: Facing each other, have your child copy your rhythmic hand motions as you clap your hands and tap different body parts.
- Scooter board and scooters: These games require both arms and legs to work together. Ensure that the child is using a helmet during these activities.
- Hand tracing: Have the child trace around their hand using a crayon or marker. Have them identify if it is their right or left hand.
- Wheelbarrow walk
- Tearing paper: Tear paper and glue it onto construction paper to make a collage.