

Activities for Bilateral Control of the Hands

Children use two hands together for many activities. Sometimes the hands are doing the same thing (such as rolling dough) while other times each hand is doing a different task (such as when one hand holds paper while the other hand cuts with scissors). The following are ways to practice this skill as to help learn how to move the hands together and more separately to complete tasks.



- Use of Playdoh often requires two hands (rolling out a snake, squeezing with garlic press, rolling with a rolling pin).



- Stringing beads or macaroni onto string, straws or pipe cleaners.
- Tea party where a child holds teapot in one hand and pours into a cup held in the other hand.



- Dressing dolls or stuffed animals.
- Throwing and catching a large ball, balloon or stuffed animal.
- Pulling up pants, zipping coat.
- Cutting with scissors.
- Playing with hockey stick, batting a ball, shoveling with large shovel, raking leaves, sweeping the floor require two hands.
- Carrying a large object (laundry basket, large toy, etc.).
- Helping with stirring cake batter or cookie dough. The child can use her dominant hand to stir and the other hand to stabilize the bowl.
- Clapping games, nursery rhymes or songs.