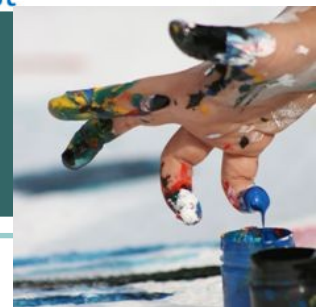
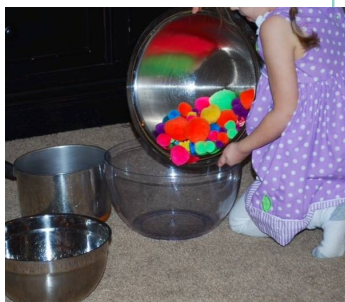


## OCCUPATIONAL THERAPY TWO SIDED CO-ORDINATION FINE MOTOR SKILLS



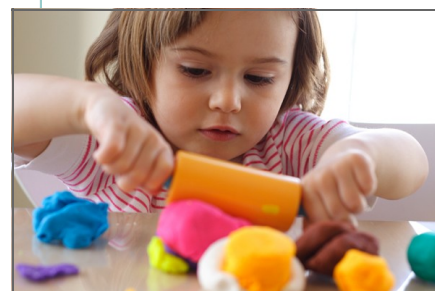
*Bilateral co-ordination is the ability to use the two sides of the body together smoothly. Many times we use our two sides to perform different functions, usually one side takes the lead and the other side has a supportive role. For instance, when writing we use the pen in one hand whilst stabilising the paper with the other hand, doing fastening on clothes, or holding a jar in one hand whilst undoing it with the other. Development of bilateral co-ordination contributes to the establishment of a dominant hand and the ability to cross the midline of the body.*

### Bilateral Skills – Fine Motor Level 1



### Messy Play Games

- Play dough
  - Both hands to knead and roll
  - Make small balls in hands
  - Roll with a rolling pin
- Finger painting with both hands
  - On paper
  - On mirror/window
  - Using shaving cream with food dye for colouring



### Construction Play Games



- Building—with large, light bricks made from empty soap-boxes stuffed with paper. (They must be too large to hold with one hand)
- Construction sets—screwing nuts and bolts, Lego, Screwing barrels
- Drawing on a chalkboard or large piece of paper stuck to the wall, with a chalk or crayon held in either hand.



### Fun Songs

Song actions—'Itsy Bitsy Spider' and 'The Wheels on the Bus' can be adapted to incorporate various patterns of bilateral hand movement

- 'The wheels on the bus go round and round' accompany by pedaling motions of the arms
- 'The people on the bus go up and down' - alternate up and down movements of the arms
- 'The baby on the bus goes wah wah wah' - rub fist over both eyes
- 'The wipers on the bus go swish, swish, swish' - movement in an arc backwards and forwards

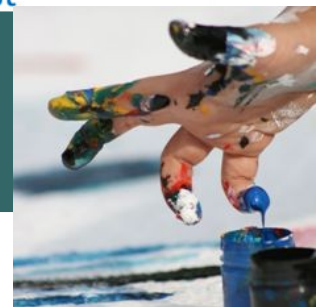
[http://  
www.royalfree.nhs.uk/  
paed\\_OT.aspx](http://www.royalfree.nhs.uk/paed_OT.aspx)

**Follow us on Twitter!**  
**@RFHPaediatricOT**

**Paediatric Occupational Therapy**  
Swiss Cottage School  
80 Avenue Road  
London NW6 7YG  
Tel: 0207 681 8080

## OCCUPATIONAL THERAPY

### TWO SIDED CO-ORDINATION FINE MOTOR SKILLS

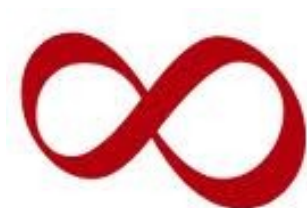


#### Bilateral Skills—Tips

- Movements can be verbalised as they're formed (e.g. saying 'down, around and up') to develop a good rhythm.

#### Activities

- Encourage the child to cross over the midline of the body

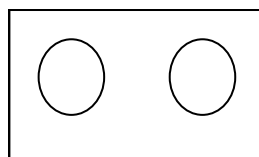
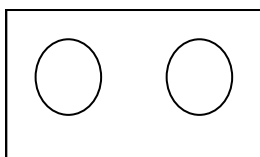


- Hand clapping games
- Figure eight drawings
- Tearing paper for a collage
- Folded paper game

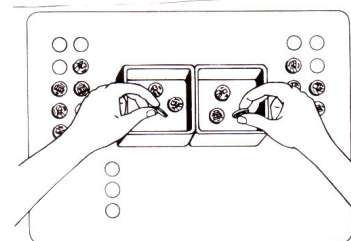
#### Bilateral Skills— Fine Motor Level 2



- Bilateral Circles on a chalk/whiteboard
  - The child stands in front of a whiteboard with a pen in each hand. The child draws 2 circles next to each other in an anti-clockwise direction using both hands together



- Then draw 2 circles in a clockwise direction at the same time, then let one hand draw an anticlockwise circle while the other hand draws a clockwise circle.
- Repeat various circles until they can be drawn in a well-controlled manner. If the child has difficulty place rows of pennies either side of the hands (the penny outline can be added to board as below). Two pots are placed in the middle. The child simultaneously picks up and places pennies into the pot together. Activity is timed as the child tries to beat his personal best.



[http://  
www.royalfree.nhs.uk/  
paed\\_OT.aspx](http://www.royalfree.nhs.uk/paed_OT.aspx)

**Follow us on Twitter!**  
**@RFHPaediatricOT**

#### Paediatric Occupational Therapy

Swiss Cottage School  
80 Avenue road  
London NW6 7YG

Tel: 0207 681 8080