

## BEING ABLE TO USE BOTH SIDES OF MY BODY

Bilateral integration, or the ability to be able to use both sides of the body together, is the coordination of the right and the left sides of the body to complete a task. It is an important part of developing hand dominance and carrying out two handed activities.

A child with poor bilateral integration may be having difficulties with:

- Dressing: fastening buttons and zips, putting clothes on / removing clothing, tying shoe laces
- Using tools: scissors, knife and fork, pencils and crayons
- Play: ball skills, manipulating objects, using construction toys

**Many play activities help to develop bilateral integration:**

### Big movement activities:

- Marching on the spot
- Animal walks (see [Coordinating my body for play and activities](#) advice sheet)
- Simon Says games
- Clapping games
- Jumping with 2 feet together
- Star jumps
- Action songs such as 'Heads, shoulders, knees and toes', 'Row, row your boat' and 'Wind the bobbin up'
- Ball games involving bouncing and catching and rolling using both hands – the bigger the ball the more your child has to use both hands to control it
- Balloon games – keep the balloon from touching the floor or pass between people using both hands or by holding a rolled up newspaper baton with both hands (balloon volleyball)
- Popping bubbles with two hands
- Swimming
- Playing on climbing frames
- Drawing big shapes with both hands together



### Small movement activities:

- Rolling out play dough or pastry with a rolling pin and using shape cutters
- Baking and cooking activities; mixing, rolling and spreading
- Playing musical instruments e.g. cymbals, keyboard
- Finger rhymes using hands in cooperation
- Pushing interlocking bricks together and apart - start with bigger bricks and then they can become smaller as your child's skill improves
- Using a dustpan and brush
- Threading chunky beads onto a soft thread
- Construction activities
- Lacing using simple lacing cards
- Pouring sand and water



- Unscrewing containers