

Hello Families and Students!

We hope you all are doing well! The Occupational Therapy department has chosen the topic of BILATERAL COORDINATION to focus on this week. Our hopes are to provide you with some information about bilateral coordination and some fun activities to try out with your kids. On the next document you will find bilateral coordination activities organized by level with level 1 being the easiest and level 5 being the hardest. Begin wherever is appropriate, try 1-2 activities a day, and move up from there. We look forward to hearing about your progress!

What is Bilateral coordination?

Bilateral coordination is the use of both sides of the body together. These movements require both sides of the brain to work together to coordinate organized, controlled movements. The development of bilateral coordination skills plays a powerful role in functional skills like self-feeding, handwriting, self-dressing, grooming, and more. There are 3 types of bilateral coordination that are listed below.

Symmetrical Movements: Both hands doing the same thing at the same time.

- Pulling up pants or socks, jumping rope, jumping jacks, catching a ball with two hands

Alternating Movements: Using two hands or legs in alternating motion.

- Crawling, swimming, climbing a ladder, riding a bike

Dominant hand/Non-dominant hand: Using one hand to perform a task while the other assists.

- Cutting with scissors, threading beads, lacing string, writing or coloring, tying shoes

The more practice your kids get doing bilateral coordination activities, the better they will get! As always, please contact us with any questions you might have.

Kind Regards,

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