

Bilateral Activity Ideas- Coordination of both sides of the body

These activity ideas encourage the use of both hands to complete a task

- 1.) Using scissors to cut out patterns or designs
- 2.) Opening/closing jars, containers, ziploc bags
- 3.) Threading beads
- 4.) Threading lace cards (can use a punch to make holes in a card, and thread laces through the holes)
- 5.) Whipping pudding or stirring cake mixture in a large bowl, one hand will operate the whisk or beater and the other stabilizes the bowl
- 6.) Cutting soft foods with a butter knife, one hand stabilizes, the other cuts (ie. a sandwich)
- 7.) Colouring, cutting, drawing and gluing activities
- 8.) Using stencils to draw designs
- 9.) Folding paper into fans, snow flakes
- 10.) Card Games



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CROSSING MIDLINE ACTIVITIES

1. Collecting Sea Shells

The children walk forward, going into a knee bend with every step (half squatting position). They pick up an imaginary sea shell with the hand opposite forward foot. The sea shell lies directly ahead of that foot. The children should advance with a steady rhythmic swing.

2. Lay on the Floor, on Back, Face up

- Have the children raise left arm and left leg at the same time.
- Have the children raise right arm and right leg.
- Have the children raise left arm and right leg.
- Have the children raise right arm and left leg.

3. Have children in a standing position. The children raise their legs so that they are horizontal to the floor (one knee may be bent at a 90 degree angle.) Try to have the child move only his hip and shoulder joint.

4. Have the children standing, and bending from the waist touch opposite feet with hands.

5. Walking

Have the children walk forward. Have them swing their free leg up and touch it with their opposite hands.

6. Cross-over Walk

Have the children stand, and walk sideways along a line. Place the right foot across the left foot in front, and take a step. They return in the other direction crossing the left foot in front of the right.

Variations:

- The same as above, however, cross the foot behind.
- The same as above, only alternate crossing the foot in front, behind, in front, etc.

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Crossing Midline

This is an important developmental milestone needed for visual perceptual development. It is important as a pre-writing skill, for future letter formation, reading and left-right writing.

Activity ideas include:

- Using two hands to bat at a suspended ball or balloon
- Use two hands to hold a scarf and draw shapes in the air.
- Clapping games to nursery rhymes
- Simon-Says (with midline crossing)
- Drawing circles or figure-8 shapes on vertical surfaces.
- Drawing diagonal lines on a vertical surface
- Use a flashlight to draw figure-8 shapes on a wall
- Sideways cross-over walking
- Sweep using two hands to hold a broom
- Popping bubbles across midline
- Driving a small car through a large maze design
- Simple dot-to-dot (3-10 dots)
- Tracing large stencils