Bilateral Integration –
Using Two Hands Together

INTRODUCTION
Using two hands together is important for everyday activities and is the ability to use both sides of the body together in a coordinated way. This can be arms, legs or both of them together. We all do this on a day to day basis when we tie our shoelaces, support our paper whilst we trace or cut and when we use our knife and fork to eat.

What can you do to help?
- Cutting up food using a knife and fork
- Threading cards – holes punched into card in different patterns and thread laces through
- Hold the paper with one hand whilst you draw or cut with the other
- Use stencils
- Paper chains – make your own strips and glue them into rings (if necessary make long strips first and ask the child to snip them into shorter lengths)
- Construction toys such as Duplo, Lego, Megablocks or Sticklebricks
- Bursting bubbles using two hands
- Action songs involving two hands such as ‘Heads, shoulders, knees and toes’
- Cookery – kneading dough and pastry, rolling, spreading, using shape cutters
- Star jumps, bunny hops, skipping, catching a ball
- Build models with lego or ‘airfix’ kits
- Pat head and rub tummy. Practise with hands doing either/both roles
- Pouring water or sand from one container to another – this could be played at bath time
- Opening bottles/containers
- Cutting out with scissors

Leisure Activities such as:
- Gym Clubs
- Trampolining
- Judo/karate
- Swimming
- Dancing
- Football