

## Activities for encouraging children to use both hands

*Any activity requiring the use of both hands will help develop bilateral skills*

- Construction, Duplo, Lego, Meccano, Mega Bloks can be easier to handle
- Magnetised games e.g. pull magnets apart after fishing with magnetised bait & fish
- Use Velcro in games so that it has to be pulled apart afterwards e.g. ball & target
- Rubber-band powered aeroplanes, wind-up toys
- Dressing and feeding dolly
- Squeeze button etc through small tube of material
- Take equipment from containers, make sure child is able to achieve a high level of success. Progress onto more difficult tasks e.g. screw top jars, draw strings bags
- Musical instruments e.g. keyboard, drum, recorder
- March / swim using 2 hands together / alternately
- Use empty squeeze bottles to blow a ping pong ball across the room / table
- Use squeeze bottle filled with water to draw on concrete wall outside

*Activities that use non-preferred hand to hold item steady (Holding hand & doing hand)*

- Templates – holding paper and template in place and drawing around
- Make rubbings with leaves or textured objects
- Hold paper up against a wall or whiteboard for writing activity

*Threading Activities*

- Place rings / hoops etc on the handle of a wooden spoon
- Thread using washing line & cards, large beads, buttons, pasta, Cheerios, Hula Hoops
- Thread pipe cleaners or ribbons through a colander or tennis racquet

*Creative Activities*

- Papier mache / junk models / pom poms by winding wool around cardboard rings
- Picking out number of small items from a bowl of salt, sand, dough etc. (Eyes closed increases sensory awareness in the hands. Try finding paper clips in rice)
- Hide small objects in play dough for children to find
- Make holes with a range of hole punches, paper chains, collages in a scrapbook
- Use potato and paint or stamps and an ink pad and stamp on small pieces of paper
- Finger puppet play
- Cooking - whisking, mixing, beating, mixing or egg-beating. Wind up a timer
- Woodwork - hammering nails, sawing, using sand paper, screwdriver / manual drill

*Ball skills*

- Catch balls of different weight and sizes e.g. one that is impossible to hold with one hand
- Throw a ball up in the air, clap and catch the ball. See how many times the child can clap and still catch the ball
- Throw a ball up in the air with 1 hand and catch in a plastic cup with the other
- Throw a ball up in the air, let it bounce, turn around and catch the ball
- Throw the ball against a wall and catch it
- Throw a ball against a wall, let it bounce and catch it
- Bounce a ball on the spot alternate hands
- Bounce a ball in a figure of 8, then around an obstacle course
- Roll ball, chase and run past it, crouch down and catch it