



# Bilateral Coordination Activities to Do at Home

## #108

Bilateral coordination is defined as the ability to use both sides of the body together in a controlled manner and involves the movement of at least two limbs. Many bilateral coordination activities help with balance, body awareness, sequencing, and coordination. Good bilateral coordination is a sign that both sides of the brain are communicating effectively. There are three types of bilateral coordination: symmetrical, reciprocal, and asymmetrical movements. Each type is explained below with examples of activities you can do at home.

**Symmetrical Movements** involve using both limbs to complete the same activity. To work on this at home, try the following:

- Using a rolling pin to roll out dough
- Catching a ball with both hands
- Jumping jacks or snow angels
- Clapping hands
- Pushing a sturdy object such as a heavy box, shopping cart, or laundry basket

**Reciprocal Movements** are when you are moving two limbs in the opposite direction, but in a coordinated way. Examples of activities include:

- Marching
- Pedaling a bicycle
- Climbing a ladder
- Hopscotch
- Crawling
- Cross crawls: touching your knee with the opposite hand and repeating

**Asymmetrical Movements** involve using both hands, but each hand is doing something different to perform the same task. Some examples include:

- Using the dominant hand to cut with scissors while the other hand holds the paper
- Tying shoelaces
- Cutting food with a knife while the other hand is using a fork to stabilize the food
- Screwing a nut and bolt
- Flying a kite
- Learning to play a musical instrument
- Stringing beads and lacing cards