

NAME: _____
D.O.B: _____
DATE: _____

BILATERAL ARM AND HAND ACTIVITIES

Benefits: The following activities encourage use of both hands together in everyday activities.

Play Suggestions:

- Large ball – catching/throwing with two hands, hot potato.
- Beading/lace cards – Modify to suit child's level, e.g. large pop it beads, button for beads, pipe cleaners or skipping rope instead of string.
- Interlocking toys that can be pulled apart – e.g. duplos/lego.
- Tubes – elongate and shorten. Encourage children to make large circle by connecting tubes.
- Mr. Potato head – excellent two-handed activity.
- Mirror play: wash the mirror – spray with squirt bottle and dry with a towel.
- Play dough – rolling pin, pulling play dough apart into small pieces, squeezing it between hands.
- Pouring activities – e.g. sand table, water table.
- Tearing paper – e.g. to make different crafts.
- Cutting activities.
- Play with musical instruments – e.g. maracas, cymbals, drums etc..

BILATERAL ARM AND HAND ACTIVITIES (Continued)

Functional Suggestions:

- Baking in the kitchen: hold mixing bowl with affected hand and stir with other hand. Roll out cookie dough with rolling pin and use cookie cutters.
- Knead dough - This is especially good for strengthening.
- Encourage child to use a sifter, salad spinner, potato masher and grater.
- Carrying groceries, pushing a grocery cart with 2 hands.
- Washing walls, windows, cleaning mirrors with small spray bottle.
- Gardening – e.g. digging, raking (also good for strengthening).

Occupational Therapist