



Bilateral Integration

What is bilateral integration and why it is important:

Bilateral integration is when the two sides of the body or when both hands work together to perform an activity or task. Being able to integrate both sides of the body or hands in a coordinated way helps us perform tasks efficiently and effectively.

What can you do to help:

- Practice activities that require one hand to be active while the other hand is the helper or assistant – cutting with scissors, drawing – holding paper still with one hand.
- String beads/make jewellery – use a variety of shapes and sizes, thickness of string etc.
- Threading cards – holes punched into card in different patterns and thread laces through.
- Tracing – trace over simple patterns e.g. prewriting patterns
- Stencils – draw around stencils and colour in
- 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).
- Use a ruler – make sure you support it with one hand whilst the other one draws.
- Screw and unscrew jars or toys
- Use scissors to cut up small shapes to make a collage or picture
- Baking – hold a bowl and mix with the other hand, roll out dough with a rolling pin and shape it using both hands
- Cutting food – hold the food using your supporting hand and cut it up with your other hand.
- Star jumps
- Hands and knees crawling
- Simon says and movement and action games and rhymes



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