

# Bilateral Integration Hand Activities for Younger Children

## Both hands doing the same thing

- Clapping hands during songs, listening to music or clapping games.
- Banging on a drum to music.
- Using both hands to explore textures; rice, sand, shaving foam, dry pasta, finger paints.
- Rolling out playdough or putty with both hands together; either on their own or with a rolling pin.
- Putting Stickle Bricks or Duplo together.

## Hands doing different actions

- Scissor activities; start with cutting card or straws (which can then be threaded).
- Wind-up toys, Jack-in-the-Box or toys with a cord that you pull (e.g. talking or vibrating toys).
- Using construction toys such as Meccano Brio or Escor, with nuts or bolts to unscrew with the dominant hand, while the non-dominant hand holds the toy steady.
- Billy Barrel – using both hands to unscrew.
- Use jam jars, bottles and tubs to fill up and empty. Encourage twisting the lids to fasten or unfasten. Try storing toys or other items your child likes in containers, so they have to open or unscrew the container to get what is inside.
- Threading - start with large beads and a stiff cord and work towards using smaller beads and thinner cord or lace.
- Posting - for example larger games such as holding a cardboard tube and posting cars down it, or smaller tasks such as holding a money box with one hand and posting coins with the other.
- Peeling stickers off a sheet and placing on a picture. Alternatively, put the sticker on your child's hand and ask them to peel it off.
- Drawing round stencils or templates, or rubbing over the top of textured stencils, shapes, leaves etc.
- Water play; pouring from one container to another.

## Contact details

### Children's Therapy Services

Telephone number: 0300 019 2936

For further general health-related information, please ask the relevant department for an information prescription or contact:

The Health Information Centre  
Poole Hospital NHS Foundation Trust  
Longfleet Road  
Poole  
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BH15 2JB  
Telephone: 0300 019 8003

[www.uhd.nhs.uk](http://www.uhd.nhs.uk)

We can supply this information in other formats, in larger print or have it translated for you. Please call the Patient Experience Team on 0300 019 8499 or email [patientexperienceteam@uhd.nhs.uk](mailto:patientexperienceteam@uhd.nhs.uk) for advice.

If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Experience Team on 0300 019 8499, write to the Patient Experience Team (address above) or email [patientexperienceteam@uhd.nhs.uk](mailto:patientexperienceteam@uhd.nhs.uk)

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