

TECHNIQUES TO DEVELOP GENERAL BILATERAL MOTOR INTEGRATION

Bilateral motor integration refers to the ability of the right and left sides of the body to work together to successfully complete a variety of tasks and activities.

- Practice games such as Twister or Simon Says, or other body position imitation games
- Practice jumping or hopping games including hopscotch, leapfrog, jumping jacks, or jumping to patterns on a trampoline, for example: right, right, left, left, right, left, right left
- Hold one scarf or streamer in each hand and practice various bilateral patterns
- Hold one marker or crayon in each hand. Practice drawing shapes, patterns, or letters using both hands at the same time with the eyes closed. Encourage the child to make the right-hand picture look the same as the left-hand picture.
- Lie on the floor and pretend to make “snow angels” with eyes open and closed. Vary the patterns, for example, moving the right arm and left leg while the other limbs remain still.
- Encourage games where one hand holds a container, and the other hand fills the container, for example, pushing marbles into a hole cut in the plastic lid of a coffee can, placing pennies in a piggy bank, measuring teaspoons of water to fill a jar, or using tweezers or tongs to fill a basket with cotton puffs.