

Bilateral Arm and Hand Use Strengthening

Activities to promote use of both arms and hands:

- Play musical instruments: guitar, cymbals, drums, triangle, or tambourine
- Play catch with a large ball; dribble with two hands
- Pull apart and push together Legos or pop beads
- Rip paper into strips or small pieces and make a collage
- Play clapping games such as pat-a-cake or itsy bitsy spider
- Open jars and containers with lids
- Lace/sewing cards
- Cut paper into shapes, snowflakes, paper dolls, etc.
- Use a ruler to make straight lines, a calendar or a graph
- String beads
- Fasteners: zippers, belt buckles, buttons, shoelaces
- Open toothpaste tube and put toothpaste on toothbrush
- Wheelbarrow walk or crab walk
- Play cards- shuffle and deal
- Playground activities: climb poles or ladders, swing on swings, etc.
- Gardening: digging, raking, hoeing
- Hold and turn a kaleidoscope or ViewMaster
- Cut food with a knife and fork
- Using both hands, draw lines on an Etch-A-Sketch
- Close a Zip-loc bag
- Hold a container and put objects into it
- Play handheld electronic games
- Pull Play-Doh apart. Make a ball, snake or pancake



Perform _____ activities for _____ minutes per day using the left hand right hand

Therapist: _____