

USING TWO HANDS TOGETHER



These activities have been put together to improve bilateral hand skills. They should help with skills that require the use of two hands such as dressing, tying shoelaces or using a knife and fork.

These activities can be carried out in any order and should ideally be practised about 3 times a week for 10 – 15 minutes.

1 Craft Activities



There are many craft activities that encourage children to use both hands together and are fun and motivating. Try some of the following:


- Paper folding - make paper chains or origami
- Paper tearing – to use for collage or paper maché
- Paper weaving
- Threading – making jewellery from beads/ pasta/ snipped straws
- Sewing cards
- Cutting and sticking activities – for further information regarding scissor skills please see the reference sheet on our website. <http://www.buckshealthcare.nhs.uk/childrenandyoungpeoplesot>
- Pencil activities – stencils, rubbings, tracing – try these on a vertical surface
- Sticker books
- Using sellotape/ masking tape



2 Musical Activities



Encourage children to use both hands in musical activities such as:

- Action songs such as “Head, shoulders, knees and toes”, “Incy Wincy Spider”, “The Hokey Cokey” and “Wheels on the Bus”.
- Clapping – singing songs that involve clapping e.g. “Pat-a-cake” and “Wind the bobbin up” or “High/low” and “Sailor went to sea”. You could also try copying a partner’s rhythm patterns. 
- Musical instruments – drumming maracas, tambourine. Try copying a partner’s rhythm patterns.