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## What is bilateral integration?

That is the ability of both sides of the body to work together to perform a task.

### Signs/symptoms of a child struggling with bilateral integration

- Appearing to be uncoordinated when doing tasks
- Difficulty in performing gross motor tasks
- Preferring not to cross the imaginary midline of the body
- Not choosing a dominant hand to write/draw/colour (after age 5)
- Swapping hands when doing tasks

### Activities to improve bilateral integration

Any task where arms and legs of both sides of the body need to work together to perform a task e.g.:

- Skipping
- Galloping
- Skipping rope tasks
- Hop-scotch
- Bear-walk (left arm and left hand walking forward simultaneously)
- Lion-walk (left arm and right hand walking forward simultaneously)
- Jumping-jacks
- Snow-angel (moving arms and legs up-and-down while lying on the ground)
- Jumping forward with feet together
- Lying on back and kicking ball with feet together
- Sitting on chair and catching ball with feet together (roll it to the child)
- Clap bubbles (parents blows it towards the child)
- Catch a flat piece of paper using hands
- Lie on back, take ball placed above the head, using both feet
- Bounce a ball using both hands (big to smaller ball)
- Tape a line on the floor using masking tape: jump zig-zag over the line, jump over the line (forward and backward)
- Rolling and pressing clay using both hands
- Cutting with scissors using both hands (start with pictures with little detail to pictures with a lot of detail)
- Play twister
- 'Tolletjebrei'
- Kicking like a donkey/ Jumping like a frog
- Throw ball against a wall and catch it

