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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

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

- o Skipping
- o Galloping
- o Skipping rope tasks
- o Hop-scotch
- o Bear-walk (left arm and left hand walking forward simultaneously)
- o Lion-walk (left arm and right hand walking forward simultaneously)
- o Jumping-jacks
- o Snow-angel (moving arms and legs up-and-down while lying on the ground)
- o Jumping forward with feet together
- o Lying on back and kicking ball with feet together
- o Sitting on chair and catching ball with feet together (roll it to the child)
- o Clap bubbles (parents blows it towards the child)
- o Catch a flat piece of paper using hands
- o Lie on back, take ball placed above the head, using both feet



- o Bounce a ball using both hands (big to smaller ball)
- o Tape a line on the floor using masking tape: jump zig-zag over the line, jump over the line (forward and backward)
- o Rolling and pressing clay using both hands
- o Cutting with scissors using both hands (start with pictures with little detail to pictures with a lot of detail)
- o Play twister
- o 'Tolletjebrei'
- o Kicking like a donkey/ Jumping like a frog
- o Throw ball against a wall and catch it

