



Environmental Modifications To Improve Bilateral Coordination

Desk work	
<i>Sensory diet</i>	Chair push-ups performed bilaterally, then alternating R-L-R-L and varying the rhythm (first use arms then legs); theraband to encourage pulling tasks while stabilizing with one arm and moving with the other; two-hand grippers with child using different alternating patterns and rhythms to grip bilaterally; finger fidget activities performed in alternating fashions.
<i>Environmental modifications</i>	Dycem to stabilize papers, reinforced use of dominant hand, strategies for remembering right from left hands, stamp or sticker to indicate dominant side, index card with red LR to reinforce left-to-right progression.
School break time	
<i>Sensory diet</i>	Donkey kicks with alternating patterns (e.g., jump-jump-kick, jump-kick-jump, R-L-R-kick; L-R-L-kick); march in place, alternating the speed and rhythm; games with clapping patterns using speed and rhythm; jumping, hopping, skipping, galloping, and so forth; these activities to transition to another activity.
<i>Environmental modifications</i>	Simplify recess and play activities, use a variety of simple recess games.
Gym	
<i>Sensory diet</i>	Simple bilateral activities (windmills, open/close with legs, jumping on both feet)
<i>Environmental modifications</i>	Simplify games and gym activities, as needed.
Play	
<i>Sensory diet</i>	Clapping games while reciting jingles, foot-to-foot bicycling, Chinese jump rope games, jump rope activities, dancing, swimming

	and pool activities, ball activities (e.g., bouncing and catching with L-R-L hands, basketball dribbling, soccer dribbling, kicking R-L-R, running and kicking).
<i>Environmental modification</i>	Simplify/break down sports activities to ensure successful performance.