**Activities to Improve Bilateral Skills**

Bilateral skills refer to the use of both hands together in a coordinated way. Although writing is a single hand activity, the development of bilateral skills plays an important role in cognitive development and hand use. The activities below are some examples of bilateral activities.

* Plaiting rope, or even dolls hair
* Take a twine or rope and knot it several times. Ask the child to open all the knots
* Learning to make a bow
* Transferring water from one bucket to another using only hands to hold the water in.
* Cutting along a line with a pair of scissors
* Beading beads of different sizes ( you can also try pasta)

Pick an activity (or more than one) and allot a chunk of time each week (or more than once a week if possible) for the student to participate in the activity with you, a parent volunteer, etc. Measure the student’s progress while the intervention is being implemented and document your data.

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