

**O.T. Works, Inc.**  
**The Therapy Playce**  
2521 E. Market St. Ste. A Nappanee, IN 46550  
(574) 773-7733 Fax# (574) 773-7133  
Activities that use two hands - Bilateral Motor Control

BMC are tasks that require the person to use both hands in order to complete a task. Both hands do not have to be doing the same thing.

For the following, the hands perform the same movement

1. Catch/ roll a ball
2. Dump pail of water/sand
3. Push-ups from stomach
4. Push self on scooter- both hands at the same time.
5. Clapping and slapping games
6. Hitting a balloon with two hands holding a ruler, or paper towel roll
7. Crumbling paper into balls and throwing into wastepaper basket or filling paper bag to make an animal toy.
8. Using rolling pin to roll out clay, play dough, or cookies.
9. Folding paper
10. Bilateral drawing with crayons or chalk, (Holding a crayon/chalk in each hand)
11. Playing with large blocks or boxes
12. Moving shoe boxes or larger boxes or wash tubs which can only be carried with both hands
13. Pull Weeds.

Activities using different movements of two hands

1. Pulling apart and pushing together pop beads, large and small
2. Tearing paper, newspaper or fabric for collage, paper Mache' or weaving activities
3. Tearing masking tape for projects
4. Pressing folds into paper
5. Finger painting using opposing motions
6. Drawing lines and shapes with crayons or chalk in each hand
7. Pull toys such as whirly buttons or balloon/bubble pumps
8. Stretching elastic, rubber bands or rubber tubing.
9. Wind-up toys
10. Nuts and bolts to screw and unscrew
11. Egg beater in cooking or water play
12. Unsnapping, snapping snaps
13. Dressing and Undressing dolls
14. Cooking
15. Sweeping with a dustpan

Bilateral hand activities requiring one hand doing different actions of more refined skills

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1. Bead stringing, making necklaces or bracelets from macaroni or beads
2. Pouring water into container being held by the other hand, bath-time activity
3. Printing of drawing with one hands as stabilizer for paper
4. Gluing or pasting activities
5. Using plastic construction toys, Legos, bricks, gears, Tinker toys
6. Using play and real tools: hammer, saw, screwdrivers