



TWO-HANDED SKILLS

Why are two-handed skills important?

- To help him develop a hand dominance
- To help him learn to cross midline
- To get ready for school (e.g. printing, cutting, opening containers, dressing, etc.)

How can I help my child work on two-handed skills?

- Start with activities where his hands have to do the same thing (i.e. pop beads)
- Next introduce activities where one hand is the “leader” and the other is the “helper” (i.e. Mr. Potatohead)

Activity Suggestions:

- Action songs (e.g. Patty Cake, Rolly Polly)
- Tug of war with a blanket or rope
- Popping bubbles by clapping hands together
- Tearing paper
- Throwing, rolling and catching balls or other objects (i.e. bean bags, rolled socks)
- Soft baseball bat or hockey stick to hit balloon or soft ball
- Playing musical instruments (i.e. drums, cymbals)
- Waving two ribbon sticks or streamers to music
- Animal walks (e.g. bear)
- Carrying large containers
- Opening and closing containers
- Construction toys
- Playing with playdoh
- Cutting
- Stringing and lacing activities



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