

Practicing Your Bilateral Coordination!

Bilateral Coordination is the skill and ability to use both sides of your body at the same time! It is important for later skills such as printing and coordination for sports. Bring focus to your 'doing' hand and your 'helper hand'.

Which one is your doing hand? Which one is your helper hand? You can practice this skill when making your caterpillar craft this week! Use your helper hand to hold the egg carton and your doing hand to colour or paint!