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### **INTERHEMISPHERIC TRANSFER ACTIVITIES**

There are two recommended categories of activities to improve the interhemispheric transfer of auditory information. The first type is called ***bimanual movement***. This type of activity includes any movement that requires the right and left sides of the body to move independently. In particular, activities that require the right and left sides of the body to intersect the midline are helpful. The second type of activity ***requires a simultaneous verbal AND motor response***. This type of activity pairs a listening task or verbal response with a motor movement.

Bimanual (right and left arms/legs moving independently) activities can include sport activities such as gymnastics, tennis, golf, karate or martial arts, soccer, volleyball, ping pong or badminton. Dancing while singing (or juggling), playing piano or another musical instrument can be fun.

Verbal to motor activities include any activity where the student needs to listen to language and/or respond verbally while making a motor movement. The verbal response should be simple such as counting out loud or repeating a single word. The complexity of the verbal response is not important.

Recreational activities can include singing and dancing at the same time,

Games such as Twister, Marco Polo, Simon Says, Musical Chairs, Red Rover, and Red Light/Green Light, and Name that Tune require a verbal or listening task combined with a motor movement. Informal activities can include tossing a ball back and forth from hand to hand while talking on the phone or singing.

With the introduction of activity based video games such as the Wii or Xbox 360 Intercept, games listed above can be done inside in inclement weather and at any time of the day. Games should be paired with a verbal response such as counting or repeating a word.

Home programming should be done 30 minutes per day for five days a week in six week increments. The variety of activity is not as relevant as the intensity and consistence of the exercises. The activities should be fun and engaging.