

Determining Dominance

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Directions: Observe natural hand use. Do not prompt. Check the hand used.

Activity	Right	Left
Writing/Drawing		
Coloring		
Cutting		
Eating		
Brushing Teeth		
Throwing Ball		
Catching Ball		
Opening Containers		
Using Glue		
Using Paintbrush		
Stringing Beads		
Using Tweezers		
Turning Pages		
Using Mouse/Tablet		
Picking up small objects		

Right Total: _____

Left Total: _____

Decision Guide

If switching within the same task:

- Check posture and core stability first
- Consider assessing primitive reflexes
- Check positioning

If one hand is preferred but weak:

- Build strength and endurance
- Increase opportunities for use