

HEAVY WORK ACTIVITIES FOR HOME

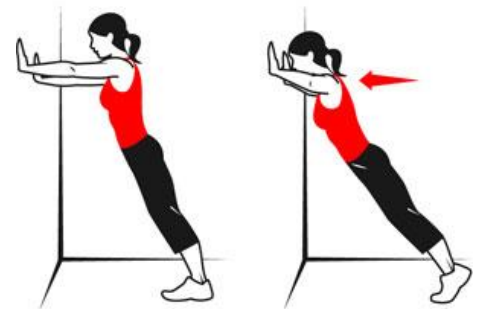
- Stair climbing/sliding – bumping down on bottom
- Crawling – through tunnels or boxes on all fours
- Playing tug of war – with ropes, scarves, stretchy bands
- Pushing/pulling – weighted wheelbarrow, wagon or cart
- Catching/throwing – heavy weight ball, beanbags, cushion
- Kicking – football or big ball
- Carrying heavy items – groceries, boxes, books
- Swimming/extra bath time
- Cycling or trampoline
- Physio ball activities – steamrolling over child lying on their back, supporting child at hips and bouncing on ball either in sitting or kneeling position
- Animal walks – bear walk, crab walk, army crawl
- Wheelbarrow walking – provide support at hips or ankles
- Pulling apart resistant toys/objects – Lego, stretchy toys
- Playing with playdoh or theraputty
- Hot dog rolls – rolling child tightly in blanket or squishing between pillows
- Body stretches
- Joint compressions
- Exercises – push ups, jumping jacks
- Stirring cake mix
- Pushing – against wall, another person, hands together
- Massage or bear hug
- Biting, chewing and crunching – resistive foods or tubing
- Wearing a weighted backpack
- Household chores – hovering, moving furniture, wiping table



Heavy work activities provide proprioceptive input that can have a powerful calming and organising effect on the nervous system.

HEAVY WORK ACTIVITIES FOR SCHOOL

- Place chairs on desks at end of day or take down at beginning of day.
- Erase all the chalkboard/dry erase board.
- Wash desk and/or chalkboard/dry erase board.
- Help rearrange desks in the classroom.
- Help the gym teacher move mats, hang them up, etc.
- Take chewy candy breaks – such as liquorice, fruit roll – ups, Starburst® etc
- Take crunchy food breaks-such as dry cereal, vegetables, pretzels or popcorn.
- Sharpen pencils with a manual sharpener.
- Carry books with both hands hugging the book to the chest.
- Staple paper onto bulletin boards.
- Perform sports activities that involve running and jumping.
- Have students push against a wall.
- Open doors for people.
- Use squeeze toys that can be squeezed quietly on the student's lap under the desk so that the student does not disturb the class.
- Do push-ups.
- Do animal walks (crab walk, bear walk, army crawl).
- Jump on a mini trampoline.
- Bounce or roll on peanut ball
- Stack chairs.
- Go on a message to secretary.
- Hand out copy books to class mates.



This activity list provides ideas of functional day-to-day activities that you can integrate as part of the classroom routine to provide children with proprioceptive input. The proprioceptive system has an organising function and will therefore improve the child's ability to concentrate and regulate his/her level of alertness throughout the day.