

Heavy Work Activities

These are activities designed to target the proprioceptive system (muscles and joints) to create input that is fundamentally calming and helps children self-regulate. These activities can be used at any point throughout the day as a daily routine and are particularly helpful before trigger events. When designing activities think about carry, push, pull and resistance.

- Carrying/Giving out books
- Wiping down tables
- Standing and pushing hands (palm down) into table
- Pushing up off their chair
- Therabands on the chair legs
- Stacking chairs at the end of the day
- Putty to squeeze/push
- Sweeping
- Weighted lap pads
- Wall pushes (pushing into walls with hands)
- Using oral motor – blowing pom poms with straws, blowing bubbles, drinking from a sports bottle, having a chewy snack
- Scooter boarding
- Carrying items from one room to another using a scooter board and rope to pull along
- Activities with a theraband e.g stand on it and pull it up with both hands

Gross motor:

- Crawling
- Animal walks
- Climbing frames
- Tug of war

There are so many more you can do, again lots of info online just search 'Heavy work activities'.
Hope this helps!