

## Heavy Work Activities

1. Clean/wipe the table
2. Push chairs from one place to another
3. Erase/clean an easel or white board
4. Carry/ push items: For example: games, box of books, laundry basket filled with phone books, container of children's lunch boxes, gallon jugs filled part way with beans
5. Push a child sized wheelbarrow with items in it
6. Fill a big toy truck with heavy blocks then child can push the truck with both hands while on their knees
7. Helping to clean up toys and put into bins and put the bins away
8. Wearing a backpack to/from school or to/from the bus
9. Carrying a large book- hold it with a hug and give it to another person in the room
10. Let the child play with a large amount of play dough, putty, and moon sand. Allow to push, squeeze, pinch and press
11. Pull plastic tubes
12. Squeeze a balloon filled with flour or stress ball
13. Color a large picture on the floor with the child positioned on all fours—For example color a rainbow
14. Play "cars" or "trains" under a table. The child pushes the car/train with one hand while crawling and weight bearing on the other hand
15. Push/ pull open doors and hold the door for others
16. Painting the wall outside with water
17. Tug of War with a rope (do this in sitting position)
18. Digging with a child sized shovel
19. Rake leaves
20. Wiping the floor with a wet towel (like cleaning up a spill)
21. Push/ pulling a wagon
22. Blowing a cotton ball across the table with a straw

## **Heavy Work Exercises**

1. Running around the playground
2. Laying in a prone position on elbows to read a book or do a fine motor activity
3. Climbing activities (for example: the playground)—hanging from a bar, swinging, sliding
4. Riding a heavy tricycle
5. Pushing against a wall or doing wall push ups
6. Tall knee walking across the floor
7. Jumping with two feet or hopping on one foot
8. Wheel barrow walking
9. Animal Walks: crab, bear, lizard, seal
10. Jumping on a trampoline
11. Marching
12. Walking on tip toes, walking on heels (pull toes up)
13. Shoulder shrugs
14. Walking up and down stairs
15. Crawling through a cloth tunnel

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