

Heavy Work Activities



Body weight support exercises: plank, push ups, bridges, or animal walks. Take turns and count out loud!



Use weighted items: books in backpacks, weighted blankets, athletic socks filled with dry corn or rice. Use these around the house or when a child needs to calm.



Deep squeezes: self hugs, bear hugs with family, gentle squeezes on arms and legs. Try taking turns!



Chores: sweeping, raking, shoveling, gardening, washing windows, vacuuming



Jumping: jumping jacks, rope, hopscotch, trampoline, onto couch cushions on the floor



Pulling: wagons, laundry baskets with weight in them



Pushing: shopping carts, scooters, boxes



Carrying: lifting heavy objects, carrying groceries, carrying small baskets of laundry,

Try to implement a burst of one of these activities every 2-3 hours. This can be play based, within routines, or as a designated break. Note how your child responds after this input. Set a timer and use a visual cue for what comes next.