Heavy work activities

- Heavy work activities are tasks that involve pulling, pushing, lifting, running and jumping.
- Doing heavy work provides proprioceptive input to muscles and joints and helps improve body awareness. This helps with regulating and calming the body and can help your child's body feel more organized.
- Heavy work can help kids feel grounded. It can also prevent sensory overload and improve focus.

Here are some heavy work activities to try:

- wheelbarrow or crab walks or lizard crawl (using arms only, no knees)





- crash into pillows or a homemade crash pad




- push or carry a weighted laundry basket/bin




- play catch with bean bags or a large ball
- push someone on a swing or on a scooter

- hang or swing on bars at the park



- climb at the playground (ladders, rock walls, etc.)
- pull a wagon or sled filled with objects or with a person riding in it



- carry a pile or bin of books, groceries, laundry, etc.
- sweep, shovel
- dig in the dirt, garden or sandbox
- try a hand pushing game (place hands together and push back and forth)



- squish, knead, and play with play dough or silly putty
- rip paper or cardboard
- push, move or drag furniture

It is often helpful to add many different opportunities for heavy work throughout each day.