

HEAVY WORK ACTIVITIES FOR HOME

The following are a list of activities compiled for home that can be incorporated into the child's daily routine. These activities should be specifically selected for each individual child. Heavy work activities can help a child to regulate when they are feeling "low" or "high", and work well when they are incorporated throughout a child's day.



- Carry and push/pull heavy items.
 - Grocery bags.
 - Boxes with toys or books.
 - Pillow cases with a few stuffed animals.
 - Pull other kids around on a sheet or blanket.
 - Pull a heavy trashcan.
 - Pull a friend or heavy items in a wagon.
 - Push a friend in a wheelbarrow.
 - Carrying heavy cushions.
 - Pull a child's suitcase with items in it.
 - Push against a wall.
 - Fill up big toy trucks with heavy blocks, push with both hands to knock things down.
 - Open doors for people.
 - Chair push-ups.

- Housework/Yard work
 - Mop/Sweep the floors.
 - Clean windows or the front of appliances using a spray bottle.

- Yard work, including mowing the lawn, raking grass/leaves, pushing wheelbarrow.
 - Housework including vacuuming and mopping, carrying buckets of water to clean with or to water flowers/plants/trees.
 - Shovel sand into a wheelbarrow, wheel the wheelbarrow to a spot, dump out sand and use a rake to level it out.
 - Scrub rough surfaces with a brush.
 - Have the child help by pushing in chairs to a table after a meal
 - Push a child's cart filled with can and then put the cans away on a low shelf where the child needs to be on hands and knees.
 - Bathe the dog.
 - Wash the car.
 - Carry the laundry basket.
 - Child can help change the sheets on the bed.
 - Help rearrange furniture.
 - Put larges toys or equipment away.
 - Wipe the table and counters.
 - Help dust the furniture.
- Play
- Any sports activities involving running and jumping.
 - Jumping and rolling games.
 - Roller skate (uphill).
 - Take the cushions off the sofas, vacuum under them, then put them back. Can also climb on them, hide under them, jump and "crash" into them, play sandwich games with them.
 - Pillow fights
 - Playing in sandbox with damp heavy sand.
 - Swimming - have child dive after something at the bottom of the pool.
 - Dancing.
 - Gymnastics.
 - Horseback riding.
 - Wrestling.
 - Karate.
 - Jump or climb in inner tubes.
 - Making forts with blankets and cushions.
 - Climbing (playground).

- Have the child color a "rainbow" with large paper on the floor or with sidewalk chalk outside while child is on his/her hands and knees.
 - Play cars under a table where the child pushes the car with one hand while creeping and weight bearing on the other hand.
 - "Hot dog game" where the child lies across the end of a blanket and is rolled inside (ends up inside the rolled blanket with head outside).
 - Play wrestling: Pushing game where two people lock hands facing each other and try to see who can push and make the other person step back first. Use other body parts also, but be sure to have rules such as no hitting, no biting, no scratching and when one person says stop then both stop.
 - Quiet fidget toys (stress balls).
 - Bounce on a Hippity Hop ball or therapy ball.
 - Animal walks such as crab walk, bear walk, army crawl.
 - Play "row, row, row your boat" both sitting on the floor pushing and pulling each other.
 - Mini trampoline.
- Self-Care
 - After a bath, you can rub your child briskly with a towel, firmly squeezing muscles.
 - Use heavy quilts at night and tight flannel pyjamas.
- Using your mouth
 - Allow your child to chew gum, eat chewy or crunchy foods, or sip water from a water bottle with a straw while doing homework.
 - Milkshake rewards sipped through a narrow straw.
 - Suck applesauce through a straw.