HEAVY WORK ACTIVITIES

**PRINTABLE CHECKLIST**

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**HEAVY WORK**

- Pulling Heavy Work

**FULL-BODY HEAVY WORK**

- Pulling a rope, in a group or alone
- Pulling a heavy object, such as a large piece of furniture
- Pulling a heavy object across a distance
- Pulling a weight, such as a heavy bag or weight plate
- Pulling a heavy object up a ramp

**MY WORK**

- Pulling a heavy object, such as a large piece of furniture
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**Heavy Work Activities Checklist**

**PUSHING HEAVY WORK:**
- **Wall push ups** – stand an arm’s length away from a wall and place both hands on the wall at shoulder height. Bend your elbows and lean into the wall until your nose is touching the wall. Return to the original position. Repeat ten times.
- **Chair push ups** – sit in a chair with your palms on the seat of the chair at either side of you. Push on your arms and lift your bottom and legs off the seat of the chair for a few seconds.
- **Pushing a box across the room** – fill a box with books or toys and kneel in front of it. Push the box across the room.
- **Laundry push** – fill a laundry basket with laundry and ask your child to push it through the house.
- **Heavy ball push** – push a large therapy ball or medicine ball along the floor and up the wall as high as you can go.
- **Wheelbarrow** – push a wheelbarrow or trolley.

**PULLING HEAVY WORK:**
- **Pulling on a rope** – tie a rope to a tree, pole or secure door handle. Hold the rope and see how far you can lean back while pulling on the rope. You only need one person for this tug-of-war game!
- **Tug of war** – if two or more children are available have a game of tug of war.
- **Pull up/hang on bar** – it may be tricky for children to perform pull ups, but just hanging from a bar is great work for muscles.
- **Stretchy band pull** – pulling and stretching a piece of theraband or stretchy material.

**JUMPING HEAVY WORK:**
- **Trampoline** – wonderful proprioceptive input while children enjoy the pleasure of jumping.
- **Jumping on a mattress** – place mattress or couch cushions on the floor and jump.
- **Rocket jumps** – crouch down and place your hands on the floor next to you. Count down from ten and leap into the air raising both hands up to the sky. Repeat the rocket launch a few times.
- **Star jumps / jumping jacks** – great for coordination and heavy work.
- **Bounce on ball** – sitting on a small therapy ball and bouncing up and down. Hopper balls with handles are also a fun way to bounce around.

**LIFTING HEAVY WORK:**
- **Carrying bags** – allow children opportunities to carry bags of groceries or laundry at home.
- **Weighted backpack** – place a few magazines in a backpack and encourage your child to walk around with the backpack for a few minutes. A message could be placed in the backpack and your child could deliver this message to a family member at home or to another teacher at school.
- **Carrying** – carry a stack of books, full laundry basket, or a full tote bag.
- **Weighted stuffed animal** – carry around a weighted stuffed friend.

**CHEWING & SUCKING HEAVY WORK:**
- **Chew** – chew gum, dried mango, or other dry fruit.
- **Drink think liquids through a straw** – choose delicious drinks they love like yogurt or a thick milkshake.
- **Chew Jewelry** – specially designed necklaces, bracelets and toys are available for chewing.
- **Use a straw** – chew on a straw, or blow through a straw, or use a straw to suck and pick up pieces of paper. Transfer them carefully to a cup using only the straw.
- **Drink a smoothie** – through a sippy cup with a straw-type top.
- **Use a “crazy straw”** – the smaller opening is great for oral motor input.
- **Play “Simon Says” with mouth exercises** – suck cheeks in/puff cheeks out/Make a big “O” shape/Stretch out the tongue.
- **Eat crunchy** – eat crunchy foods that require a lot of chewing.

For more information visit [https://www.theottoolbox.com/heavy-work-activities/](https://www.theottoolbox.com/heavy-work-activities/)
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