

OCCUPATIONAL THERAPY HEAVY WORK ACTIVITIES

Following are ideas of activities to provide heavy work or proprioceptive input. Consider these when you want to help a child calm down or focus. These may be used at school or at home.

Home

- Housework including vacuuming and mopping, washing windows, carrying buckets of water to clean with or to water plants or flowers
- Yard work including raking grass/leaves, pushing a wheelbarrow
- Shovel snow
- Pull a friend or heavy items in a wagon
- Carry heavy items: help carry groceries, laundry baskets with toys or books in them.

School

- Carry heavy items: baskets with blocks, books for teacher
- Push or pull boxes, wagons or carts
- Erase or wash the chalkboard or whiteboard
- Help the gym teacher move mats or heavy equipment
- Staple or tape paper onto bulletin boards (supervised by an adult)
- Lift chair on/off desk
- Caterpillar: have children crawl on floor with a mat draped over them



Anywhere

- Tug of war game
- Pull other children around on a sheet, blanket or mat (supervised by an adult)
- 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 and other positions but be sure to have clear rules
- Animal walks: bear, crab, seal, snake, horse (galloping), puppy (or cat)
- Open heavy doors for people
- Scooter board activities: propel on stomach, sitting, kneeling; push away from wall with arms or legs; pull someone holding a hula hoop or rope; propel across carpet; pull self along a rope secured to a wall or door
- Climbing activities, obstacle courses
- Floor activities such as large coloring pictures done on hands and knees
- Wash table top