

Heavy Work Activities for School

Heavy work activities- using the body against resistance- are regulating for most children. They can be used to either calm an overstimulated child, or to energize an under stimulated child. See some examples below.



- ❑ Place chairs on desks at the end of the day or take down at the beginning of the day.
- ❑ Erase or wash the chalkboard.
- ❑ Help re-arrange desks in the classroom.
- ❑ Help out the janitor with emptying wastebaskets, mop the floor etc.
- ❑ Help the gym teacher set-up or take down equipment.
- ❑ Chewy candy breaks, such as licorice, fruit roll-ups, Starburst or Tootsie Rolls or crunchy foods such as dry cereal, vegetables, pretzels or popcorn.
- ❑ Sharpen pencil with a manual sharpener.
- ❑ Cut thick paper
- ❑ Have students carry heavy notebooks to the office or from class to class.
- ❑ Wear a weighted backpack when walking from class to class. Parents can put a notebook, book, or books (depending on the size of the child) into their backpack each day for the ride or walk to school. Just be cautious about how much weight so that it does not result in lower back pain.
- ❑ Carry stacks of books
- ❑ Have child pass out papers/objects to class members.
- ❑ Wash desks or dry erase boards.
- ❑ Push the lunch cart or carry lunch bin to the cafeteria.
- ❑ Staple paper onto bulletin boards.
- ❑ Using a beanbag chair in the classroom during silent reading or independent work tasks.
- ❑ Prior to seatwork, have child pinch, roll, pull theraputty or squeeze balloons filled with flour.
- ❑ Give child firm pressure on shoulders.
- ❑ Climbing activities (on playground).
- ❑ Push against a wall.
- ❑ Have the child color a "rainbow" with large paper on the floor on hands and knees.
- ❑ Open doors for people.
- ❑ Use quiet squeeze toys or putty.
- ❑ Sip from water bottle with a straw.
- ❑ Chair push-ups.
- ❑ Animal walks (crab walk, bear walk, army crawl).
- ❑ Rice play, koosh balls, theraputty.
- ❑ Stack chairs.
- ❑ Flip mats
- ❑ Play catch with a beanbag chair or medicine ball
- ❑ Theraband 'exercises'
- ❑ Crawl through a resistance tunnel