

Heavy Work Activities For School

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

- Help move chairs or place on desks at the end of the day
- Erase or wash the whiteboard
- Help rearrange desks in the classroom.
- Sharpen pencil with a manual sharpener.
- Cut thick paper.
- Have students carry heavy notebooks or books to the office or from class to class.
- Wear a backpack with heavy items inside.
- Carry, stack or hand out books
- Wash desks.
- Push the lunch cart or carry lunch bin to the cafeteria.
- Staple paper onto bulletin boards.
- Pinch, roll, pull theraputty or squeeze stress balls or balloons filled with flour.
- Climbing activities (on playground).
- Push against a wall.
- Chair push-ups.
- Animal walks (crab walk, bear walk, army crawl).
- Flip or stack gym mats
- Play catch with a beanbag chair or medicine ball
- Theraband 'exercises'
- Crawl through a resistance tunnel
- Rip cardboard or thick paper
- Box jumps
- Burpees
- Move with a scooterboard