

# 25 HEAVY WORK ACTIVITIES FOR HOME

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# HEAVY WORK ACTIVITIES FOR HOME

Heavy work can have a calming effect or alert and orienting effect based on what your child is craving. It allows your child to get adequate proprioceptive input that will help them focus and increases self-regulation.

## 1 || PUSH A FILLED LAUNDRY BASKET

Make sure the laundry basket is heavy enough that actually requires some work for your child to push it, but not too heavy that they struggle to push it. You can make it into a race or obstacle course. Some items you could fill it with are books, stuffed animals (this works great for younger kids), or any other random items from around your house or classroom.

## 2 || CRASHING

Children who crave proprioceptive input can often be found "crashing" into things. Whether rubbing on the walls down the hallway at school or literally jumping off furniture or beds. Providing some controlled crashing experiences will help give them the input they are craving in a safe way. Bean bags, piling up blankets and pillows, or making a huge ball pit out of a small swimming pool can work.

## 3 || JUMPING

Something as simple as jumping can be great proprioceptive input. Small trampolines (or large) are great for this. Jump rope or jumping on a pogo stick are also great options.

## 4 || WHEELBARROW WALKING

The child balances on their hands while you hold their ankles up off the ground. Then have them walk on their hands while you keep holding their ankles. You may need to hold at the knees or waist if your child needs more support with this. As they get better, add races, obstacle courses or sprints while wheelbarrow walking.

## 5 || CLEAN THE HOUSE

Pushing a vacuum, broom, or mop are great heavy work activities that require no additional tools or set-up. Simply helping out around the house is a perfect solution for heavy work at home.

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## 6 || PUSH A GROCERY CART

You do need to pay close attention and teach your child to be aware of their surroundings for this one. But this is a great heavy work activity that they won't even realize is beneficial for them. Older children can push a regularly sized cart.

## 7 || CARRY GROCERIES

After pushing the grocery cart, come home and have them help you carry groceries inside.

## 8 || WASHING WINDOWS

Use a spray bottle to spray down the window (awesome heavy work for the hands!) and then use a washcloth to wipe the window clean.

## 9 || KNEAD DOUGH OR PLAYDOUGH

This is a great heavy work for the fingers and hands. You can use homemade playdough or have your child help you knead bread if you make it by hand.

## 10 || CHEW GUM OR CRUNCHY FOODS

Chewing gum or crunchy foods is like a mini workout for the mouth! Your mouth is full of proprioceptive receptors. So chewing gum or having crunchy foods as a snack or break time is a great option that all the kids can enjoy together.

## 11 || SIP WATER FROM A STRAW

Seriously, again, so simple! The act of sucking through a straw is again another great proprioceptive activity with the mouth. If you have a child who has some oral sensitivities for gravitates towards putting things in their mouth all the time, this is a great one.

## 12 || PULL A CHILD OR FRIEND IN A SHEET

Use a large bed sheet, or even a fitted sheet and pull away. Have races or see how far they can pull in 10 seconds.

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## 13 || TAKE OUT THE TRASH

Housework and chores can be amazing heavy work opportunities. Don't pass up the opportunity for taking out the trash. Emptying smaller trash cans into large trash bags, carrying the bags to the trash can or dumpster or pulling the cans out to the street for pickup are all great options.

## 14 || SCRUB SURFACES WITH A BRUSH OR SPONGE

Cleaning on the chalkboard or whiteboard, wiping down a table, or scrubbing off a dirty surface all give great proprioceptive input through the upper body.

## 15 || HELP WITH YARD WORK

Moving dirt with a shovel, filling up a wheelbarrow and moving dirt or rocks, or digging in the soil are all great options.

## 16 || PUSH A FRIEND IN A WHEELBARROW

This is a great activity for working on balance and pushing a heavier object.

## 17 || PULL A WAGON

Put your little red wagon to work with this activity. Pull a friend or some of their favorite stuffed animals, baby dolls, or toys for a walk.

## 18 || PILLOW FIGHTS

I feel like some will want a disclaimer on this one, so yes, please make sure your child is supervised and don't let it get out of hand. But a good fun pillow fight is a great way to get quick bursts on input.

## 19 || PLAYING IN A SANDBOX WITH DAMP SAND

If you live near a beach, go dig in the wet sand with a shovel or with hands.

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## 20 || SWIMMING

Swimming is great for heavy work since they have to work against the water in order to move.

## 21 || BATHE THE DOG OR PET

If you have a pet, make sure to include washing that pet, especially dogs as part of your child's routine. This is great tactile and proprioceptive input with the fingers and arms.

## 22 || WASH THE CAR

Get the water hose, buckets, and don't forget actually pushing against the car to wash it. This is such a great heavy work activity, plus it's FUN!

## 23 || SHOVELING SNOW

If you live in an area that gets decent snow accumulations, shoveling the sidewalk or driveway is amazing some heavy work.

## 24 || WATER PLANTS WITH A WATERING CAN

Filling up a watering can and carrying it to water plants is another awesome heavy work activity. Plus it will get your child outside if they are watering plants in the garden or flower boxes.

## 25 || RIDING A BIKE

The simple act of riding a bike is a great heavy work activity. For older children, you can take them to a mountain bike trail or on longer bike rides to provide a little more input.