

Heavy Work Activities and Ideas

IDEAS FOR SMALL SPACES (adapted from inspiredtreehouse.com)

1. Massages
2. Bear hugs
3. [Play with a Body Sock](#)
4. Yoga Poses
5. Pulling resistance bands with hands
6. Playing passing games with [weighted stuffed animals](#)
7. [Weighted sensory bottles](#)
8. Animal walks
9. Wall pushes
10. Chair dips
11. Tossing and catching heavy bean bags
12. Changing a load of laundry
13. Boxing with boxing gloves against a mat or bolster
14. Roll a therapy ball up and down the wall
15. Sweeping or Vacuuming
16. Squeezing putty or play dough
17. Playing tug of war with [Pop Toobs](#)
18. Tearing paper (especially heavier card stock)
19. Crumpling paper and shooting into a garbage can
20. Parent – Child squat challenge
21. Pushing and pulling [Squigz](#)
22. Cooking activities (e.g. kneading, stirring thick dough)
23. Stepping up onto a chair or bench and jumping down (with close supervision!)
24. Squeezing sensory balloons (filled with dry beans, dry rice, or play dough)
25. Digging in a tactile bin of wet sand or [Kinetic Sand](#)
26. Writing on and then wiping off or erasing a dry erase board
27. Pushing feet against resistance band tied to the legs of a desk
28. Wall sits

Search for more heavy work lists online or develop your own!

Around the house	Outside	In the Classroom
Taking out the trash	Riding a tricycle or bicycle	Playing Twister
Pushing a vacuum cleaner	Playing catch (perhaps with a weighted ball)	Squishing play-dough
Mopping or sweeping	Swinging on monkey bars	Blowing bubbles
Carrying a full laundry basket	Climbing on the playground	Stacking chairs
Carrying groceries	Jumping rope or trampoline	Cleaning white board
Cooking (such as stirring or kneading bread dough)	Playing hopscotch	Marching or running in place
Shoveling snow or raking leaves	Wheelbarrow walking (walking on her hands while you hold her feet)	Doing push-ups (either on the floor or against the wall)
Pushing the shopping cart in a store	Swimming	