

# Heavy Work Activities



Heavy Work activates our proprioceptive system which can help increase attention, decreased defensiveness, and modulate arousal level

## Whole Body Actions:

- carrying objects
- using weight
  - wear a weighted backpack
  - weighted blanket
- climbing/Hanging
- squishing
  - between couch cushions
  - blanket burrito
  - foam roller or exercise ball rolled over their body
- help with chores
- pushing/pulling objects
- jumping and bouncing

## Oral Actions:

- blowing
  - horns, whistles, harmonicas
  - bubbles
  - blowing up a balloon
  - cotton ball races blowing through straw
- offer chewy foods
- resistive sucking
  - drinking through thin or crazy straw
  - lollipops
  - popsicles
  - milkshake or smoothie through straw

## Use of Hands:

- resistive tools/toys
  - clothespins
  - tweezers
  - kitchen tongs
  - spray bottles
  - play doh
  - sidewalk chalk
- vertical surface
  - easels
  - erasing/coloring on chalkboard
  - dry erase markers on window
  - paint with water on fence or side of house
  - use painters tape for toys/activities on the wall