

Heavy Work Activities List For Children to complete at School

Heavy work activities involving resistance (pushing, pulling, lifting etc.,) provide proprioceptive input and help us to feel 'grounded', having a regulating effect on our nervous system so helping to improve attention and concentration. Proprioception refers to the unconscious sensations from joints and muscles which gives us awareness of body position and force of movement.

The following are activities school can use to provide heavy work activities for students. All the activities on this handout are "naturally occurring activities". This means they can be easily incorporated into the student's daily routine within the school environment. These activities are most beneficial when completed on a regular basis throughout the day.

1. Place chairs on desks at end of day or take down at beginning of day.
2. Erase the chalkboard/dry erase board.
3. Wash desks and/or chalkboard/dry erase board (for example after an art project).
4. Help rearrange desks in the classroom.
5. Help with general caretaking activities such as emptying wastebaskets, mopping the floor etc.
6. Fill small boxes or trays with books to take to other classrooms.
Teachers could ask students to move these boxes back and forth as needed.
7. In P.E., help the teacher move mats, hang them up, etc.
8. Take chewy sweet breaks with liquorice, Fruit Roll-ups, Starburst or toffee.
9. Take crunchy food breaks with dry cereal, vegetables, pretzels or popcorn.
10. Sharpen pencils with a manual sharpener.
11. Cut out items for display from thin card.
12. Carry appropriately heavy notebooks to the office or from class to class.
13. Carry books with both hands hugging the book to the chest
14. Push the lunch cart or carry lunch bin to the dining room.
15. Staple paper together or onto bulletin boards.
16. In the classroom, fasten a large phone book to the bottom of the student's chair with heavy duty tape. The teacher can rearrange the student's schedule so the student has to move to a different location within the classroom (carrying or pushing his/her weighted chair) between certain subjects or activities.
17. Have student move several packs of paper from the storage area to the school photocopier.
18. Climb on playground equipment.
19. Swing from the trapeze bar.
20. Perform sports activities that involve running and jumping.
21. Run around the play field at school.
22. Push against a wall. For younger students, you can use the idea that "the room feels small this morning". "Can everyone help me push the walls out to make the room bigger?"
23. Fill up big toy trucks with heavy blocks, push with both hands to knock things down.
24. Have the student work in positions different from being seated at the table. Lie on stomach on floor to read, stand at the table and lean through hands to work at table,

- pin work to easel or wall and work in a vertical position or work when on hands and knees (weight bearing through hands).
25. Open doors for people.
 26. Use fidget toys preferably those that can be squeezed or pulled to provide resistance and increased sensory feedback.
 27. Do chair push-ups.
 28. Do animal walks (crab walk, bear walk, army crawl). This can be a whole class activity when walking in from break.
 29. Jump on a mini trampoline.
 30. Stack chairs.
 31. Take isometric exercise breaks (such as GEMEX activities).

Books such as Fidget Busters (by Sharon Drew and Liz Atter) provide lots of classroom based movement activities which can be incorporated into the daily classroom routine and are beneficial for all children.

On line resources which provide short, quick movement/activity breaks for the whole class may be beneficial;

<https://www.gonoodle.com/>

Or consider introducing Yoga and mindfulness through

www.cosmickids.com