



HEAVY WORK ACTIVITIES FOR HOME

Heavy work provides resistance to the muscles and joints. It involves carrying, lifting, pushing and pulling movements and typically has a calming and organizing effect on the nervous system. It can be helpful to incorporate heavy work activities throughout the day, and/or immediately following a large physical break (eg. running or playing outside) to help settle the nervous system before moving onto the next task/activity of the day.

INDOOR ACTIVITY IDEAS

- Build a fort: move couch cushions, blankets, pillows, chairs etc.
- Make the bed or incorporate the need for this into another activity (eg. stuff duvet into duvet cover, fill pillowcases with stuffed animals or pillows, then put everything together for a 'crash landing'- be sure to take it apart and make the bed after for even more heavy work!)
- Pull/transfer laundry between washer and dryer; carry laundry basket (full of clothes)
- Carry, unload/load bags of groceries or shopping items
- Load/unload dishes in or out of dishwasher; wash dishes by hand, encourage lots of scrubbing!
- Vacuuming
- Wash windows
- Sweep or mop the floor
- Carry books/toys to various locations within home (carrying items upstairs provides an added dose of heavy work to this activity)
- Push, drag or move furniture
- Carry large boxes, large bottles, sort recycling
- Give the dog a bath
- Make an obstacle course where you must climb under, around, and through
- Using hole punchers, staplers etc. provides heavy work for the hands/arms
- Crunchy, chewy snacks, and gum provides heavy work for the mouth

OUTDOOR ACTIVITY IDEAS

- Rake leaves
- Push a wheelbarrow, push a shopping cart
- Mow the grass
- Push, move or carry large rocks
- Take and retrieve garbage and recycling bins to curb
- Gather firewood
- Water plants with a watering can
- Wash the car

