

Heavy Work Activities

Push, pull, lift, carry and squeeze: calming, organising input for busy bodies. Try 5–10 minutes before homework, transitions and bedtime.

At home

Activity	Tip
Carry or push the laundry basket	Make it a delivery job
Carry shopping bags	A small, heavy bag
Wall push-ups	10 slow pushes
Knead dough or playdough	Squeeze and roll
Tug of war with a towel	Hold tight, pull slowly
Wheelbarrow walking	Hold at the hips
Vacuum, sweep or wipe tables	Big firm movements

At school

Activity	Tip
Carry books to the library	Helper job
Stack or move chairs	End of day
Erase the whiteboard	Big arm circles
Chair push-ups	Lift the bottom off the seat
Push the book cart	With an adult

Outdoors

Activity	Tip
Climbing frames and monkey bars	Supervised
Dig in the garden or sandpit	Use a real spade
Push a wheelbarrow	Add some sand
Animal walks: bear, crab, frog	Race to a line

Calm heavy work for bedtime

Activity	Tip
Carry pillows to bed	Part of the routine
Pillow sandwich	Gentle pressure, head always out
Slow wall push-ups	Count slowly to 10
Blanket burrito	Snug wrap, head always out

Safety: keep loads light, supervise climbing, never cover the head or face, and use weighted products only with OT advice.

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