Heavy Work Activities

For the Classroom

Play catch with a heavy ball

Work with modeling clay

Bounce on cushion or therapy ball

Throw bean bags at targets or in buckets

Push, pull or carry objects-bucket of books, cans, etc.

Animal walks-crab walk, bunny hops, donkey kicks, frog jumps

Wheel barrow walking

Wall Push ups

Trampoline, jump rope

Propel with arms on scooter

Crawl carrying objects on the back (bean bag)

Squeeze legs in fetal position, extending slowly

Use squirt bottle to spray tables

Lay on belly, supporting self on elbows

Carry a back pack

Stretch and bend

Roll self in a blanket

Sweep the floor