

## Heavy Work

Heavy work involves anything that pushes or pulls against the body. It is anything that works the muscles and puts some pressure (safely) on the joints. Heavy work can be part of a sensory circuit and are often work as gross motor skills activities but can also be used as a great grounding technique for many children.

It is also a great sensory outlet and can help with both calming and alerting; different children will react differently to heavy work activities. So long as they are carried out safely they are something that can be trialled in different situations to see how they impact upon your child and whether they are helpful for them.

Heavy work activities activate and exercise the proprioceptive sensory system (the sense related to joint and muscle movement) and practicing heavy work can help with body awareness.

**EHCP: if your child's EHCP identifies gross motor skills or heavy work as an area of need, these activities, or similar activities, may be beneficial.**

Some ideas for heavy work activities:

## Outdoor Play

- Riding a bike, scooter or skating
- Playing catch (perhaps with a weighted ball)
- Swinging on monkey bars or a chin-up bar if you have one at home
- Climbing on the playground/up trees
- Skipping with a rope
- Bouncing on a trampoline
- Playing hopscotch
- Wheelbarrow walking (walking on her hands while you hold their feet)
- Running
- Gardening



## Inside Play

- Playing Twister
- Squishing play-dough, putty or clay
- Blowing bubbles
- Marching or running on the spot
- Doing push-ups (either on the floor or against the wall)
- Yoga - see the videos we have put on Class Dojo!



- Hanging from a pull up bar or similar if you have one
- Animal walks - crab, bear, dog, frog



## Household Chores

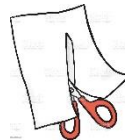


- 
- Taking out the bins
- Pushing a vacuum cleaner
- Mopping or sweeping
- Carrying a full laundry basket
- Carrying shopping
- Cooking (such as stirring or kneading or rolling bread dough)
- Moving chairs/furniture or rearranging books on shelves
- Raking leaves
- Pushing the shopping trolley in a shop
- 
- Folding heavy sheets, blankets or bedding



## In the classroom (and at home)

- Moving chairs and tables
- Simon says (run/jump/march on the spot, push down on your desk, wall/floor push ups, hop, different stretches)
- Wiping the desks
- Sweeping the floor
- Taking heavy items to other classrooms/teachers where possible
- Cleaning the white board
- Rearranging the book box/shelves
- Sharpening pencils with a manual sharpener
- Squeeze putty or fidget toys
- Cutting cardboard or heavy paper
- Eating something chewy or crunchy
- Blowing bubbles through a straw
- Handing out papers or books
- Deep breaths



The above information is designed as general guidance, I recommend that you consult your doctor regarding use of any programme that involves physical activity. When participating in any exercise, there is the possibility of physical injury. If you engage in any of the activities suggested above, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself or your child. Please consider your environment and whether it is safe for you to be doing these movements.

The information given here is not meant to treat or diagnose any medical condition. Please stop if you feel any pain, discomfort or dizziness. You understand that physical activity can pose a risk and by using the above guidance you assume all risk for yourself and your child.