

Heavy Work

Heavy work activities can be calming and organizing for everyone since movement and input to muscles and joints activates the cerebellum of the brain. It is very difficult to remain still for long periods of time; regular movement breaks can help improve the ability to focus attention and self regulate to participate in academic tasks.

Heavy Work Activities for Home

(middle and high school students)

1. Carry heavy items- groceries, laundry baskets, recycling, trash
2. Chew gum, eat chewy or crunchy foods while doing homework
3. Sip water from a water bottle with straw while doing homework
4. Rollerskate, ride bike, skateboard
5. Household chores: sweep, mop, vacuum, wipe counters/table, clean windows, change sheets, put away groceries (use spray cleaners)
6. Yard Work: mow lawn, rake grass/leaves, push wheelbarrow, dig/plant, carry bags of mulch, pull weeds, trim/prune bushes
7. Wash the car
8. Rearrange furniture
9. Exercises: push ups, jumping jacks, running in place
10. Walk, jog, skip, hop
11. Woodworking projects: sanding, hammering, etc.
12. Chair push-ups
13. Play catch with a heavy ball
14. Stack chairs
15. Make cookies from scratch and other foods that require stirring

Heavy Work Activities for School

(middle and high school)

1. Chairs on/off of desks at the beginning/end of day
2. Erase the board
3. Wash desks and board
4. Custodial tasks in the cafeteria
5. Carry books/notebooks to media center
6. Help the PE teachers move mats
7. Chewy/crunchy food breaks
8. Sharpen pencils using manual sharpener
9. Staple paper onto bulletin boards
10. 3-hole punch papers
11. Carry printer paper from office to classrooms
12. Walk or run on track; walk in hallways
13. Wall or chair push ups
14. Fidget items – stress balls, quiet squeeze toys, theraputty
15. Isometric exercise breaks