

Heavy work style activities

Why heavy work activities?

Heavy work activities involve resistance such as pushing, pulling, lifting or dragging. These types of activities provide proprioception input. Proprioception is one of our eight senses and refers to the unconscious sensations from joints and muscles which gives us a sense of our body's position and the force of our movements. Taking part in heavy work activities provides a regulating effect on our nervous system. The following activities are most beneficial if they are carried out at regular intervals throughout the day.

Help to push/move furniture

Pushing or pulling boxes with toys or books in

Opening doors

Pushing trolley's

Cleaning surfaces

Carrying a rucksack with books in

Colouring whilst on hands and knees on the floor

Pushing against a wall

Animal walking (bear walking on all fours)

Rubbing a chalk board or white board clean

Squeezing cushions, soft toys or play dough

Pushing trucks or diggers with two hands

Parental Section: Heavy work activities to try at home:

Cleaning the table before and after eating

Helping carry shopping bags

Carrying a washing basket full of clothes

Mopping, sweeping and Hoovering

Help washing the car

Remove and put back the sofa cushions

Stuff pillows in pillow cases

