

DTF541



Name: _____
MR#: _____ Finance: _____
DOB: _____
MD: _____

Heavy Work for Middle/High School Kids: Activities at Home

What do Heavy Work Activities do?

Heavy work activities put pressure on our joints (proprioception) and stimulate receptors located in joints and muscles. Proprioceptive or heavy work activities tend to have a calming effect on the nervous system. Stimulation of these receptors through heavy work can help your child feel calm, focused, and ready to learn. Here are some ideas of heavy work activities for your child:

Kitchen

- Baking activities (stirring, rolling, scooping, kneading dough etc.)
- Dice vegetables with a vegetable chopper (or another safe kitchen utensil)
- Wipe the dinner table with a sponge and squeeze into the sink or a bucket

Household Chores

- Clean counter tops/windows/tables with spray bottle and cloth
- Carry filled laundry basket
- Carry groceries
- Change sheets on bed
- Sweep/mop/vacuum/rake
- Pull in trash cans/recycling
- Empty the dishwasher

Homework Time

- Sit on a bean bag chair for reading
- Warm up exercises (wall/chair push-ups, lifting a book, squeezing/pushing palms/arms)
- Heavy blanket on lap

Outside Activities

- Help wash the dog or car
- Rake leaves, push full wheel barrel, pull hose
- Sweep porch, driveway, or sidewalk
- Garden/dig in the dirt/water plants
- Go on a walk, jog, run, or hike
- Ride a bike

Community Activities

- Participate in gymnastics, rock climbing, karate, swimming or horseback riding
- Push grocery cart or carry basket in the store

Things to Keep in Mind

- Make sure to communicate with your OT regarding duration/frequency of activities
- Keep activities fun and motivating for your child
- Try integrating heavy work activities before your child is expected to sit still (before dinner, sitting in a car, family gatherings, movie)
- Calming does not always happen in the moment, note changes 20-30 min. after activity