

Heavy Work Activities

- carry stacks of books
- hold the door open for others
- empty garbage cans
- ride a scooter or skateboard
- carry groceries
- mow the lawn
- load or unload the dishwasher
- drink a thick milkshake or smoothie through a straw
- pushing a wheelbarrow
- pulling a wagon
- kneading clay or playdough
- clean windows or mirrors
- have a pillow fight
- take bottles to the depot
- wash the car
- moving logs or bricks



- use a watering can for houseplants or garden
- wipe walls
- build something with hammer and nails
- help with laundry (loading, carrying baskets, folding)
- do an obstacle course
- potato sack or three legged races
- using a weighted lap pad
- using a pogo stick
- wall pushups
- carrying heavier objects
- wearing a backpack
- stacking books
- squeezing
- wearing a weighted vest or shoulder roll
- wearing ankle or wrist weights
- using a pogo stick
- using a hopping ball

