HOW HEAVY WORK CAN WORK FOR YOU

Deep pressure and movement involving weight through the large joints of our body are often beneficial for "organizing" ones senses and preparing one for attention to a task. Here are some ideas that your can try in the classroom or at home to achieve this. They should be built into daily routine as preparation for work, concentration and attention to a task. Some are useful in building postural strength in preparation for fine motor activities. Make them fun games, add music and no one will suspect it's heavy work!

PUT SOMETHING IN YOUR MOUTH
➢ Chew gum
➢ Chew crunchy, raw vegetables/fruit
➢ Suck on candy or a thick beverage
➢ Blow bubbles

HELPING OUT WITH CHORES
Any lifting of heavy objects (heavy for that child) can accomplish this.
➢ Carry groceries
➢ Carry laundry
➢ Carry/move sports bags
➢ Carry/move recycling bins
➢ Move furniture (maybe to prepare the class for another activity or for nightly cleaning)
➢ Push/pull a wagon or toboggan
➢ Sir cake batter/pudding mix
➢ Vacuum the floor

MOVING FROM ONE PLACE TO ANOTHER
Make transitions in the classroom or around the house fun.
➢ Crab walk
➢ Jumping Jacks
➢ Stair climbing/bumping down on your bottom
➢ Bear walk
➢ Big Stride walk—forwards and backwards
➢ Hopping on one or two feet

GAMES AND WARMUPS
➢ Movement songs
➢ Make a line, link hands or arms and pull
➢ Sit back-to-back, arms linked and pull each other to standing
➢ Crawl on all fours (eg: through tunnels or boxes)
➢ Pull, pound, mould playdough, putty or clay
➢ Play structures with bars for swinging, hand-over-hand climbing
➢ Push both hands against a wall, one foot forward and one back (like a runner's stretch)

HEAVY WORK AT YOUR DESK SO NO ONE HAS TO KNOW
➢ Grasp under your chair at the sides and pull up while you push your body down
➢ Slip your hands flat under your bottom and lift up
➢ Cross your feet and push one against the other
➢ Place your hands on your head and gently push down while you push you head up
➢ Scrunch your shoulders up and hold for a count of five