

Heavy Work Activities (Proprioceptive Input)

Independent Activities (or with others)

- Rolling up in a blanket
- Climbing (Outside, Playground, etc.)
- Building with heavy blocks/materials
- Crawling (i.e. playing with cars on floor, crawling under heavy cushions)
- Pushing, carrying, pulling activities
- Washing/scrubbing
- Running & Jumping
- Hand exercises (i.e. silly putty, hammering/screwing toys, play dough)
- Popping bubble wrap
- Crashing into pillows/beanbag chair
- Riding a bike
- Sidewalk Chalk

Activities with Someone Else

- Rolling over child with an exercise ball
- Scooter board (push with hands or pull with rope)
- Animal walks (crab, bear, army crawl, etc.)
- Build a fort using heavy cushions, pushing furniture, etc.
- Playing with weighted/medicine balls
- Relay races
- Gardening/Simple Yard Work (i.e. Digging, Raking, Carrying)
- Dancing
- Swimming
- Tug-of-war & Push-of-war
- Wheelbarrow walk
- Horse & Carriage pull
- Wall/Table/Chair Pushups

Changes to the Environment/Routine

- Large/heavy toy boxes to push/pull/carry when playing
- Large pillows for crashing
- Heavy blankets & pillows (i.e. while doing homework, doing puzzle, etc.)
- Helping with chores:
 - Washing table/floor, etc.
 - Moving furniture
 - Carrying laundry
 - Making the bed
 - Taking out the trash
- Transitions:
 - Push/Carry/Pull items with him
 - Help carry groceries
 - Animal Walk or Hop