



Possible Heavy Work Activities



*These activities can be tried to help children self-regulate, calm their neurological “engines”, focus and learn.

Oral Motor Input:

Oral motor activities are the most basic self-regulating activities

- Chewing sugar free gum
- Eating crunchy foods
- Using straws/crazy straws to drink
- Blowing cotton balls, blowing bubbles, blowing pinwheels, harmonicas, noisemakers, recorders, etc.
- Drinking cold water through a sports bottle with a straw
- Crunching ice chips



Deep Pressure Activities:

- Deep pressure massage on shoulders/arms before an activity
- Smash mats (push/flatten playdough with hand)
- Holding doors open using two hands for other children and adults
- Pushing chairs to the tables or stacking/unstacking chairs
- Pouring different items (sand, beans, water, etc.) from one container to another container
- Cooking/baking activities: stirring, mixing, kneading dough, etc.
- Isometric activities: arm pretzel, hand massage, hand push, finger pull, etc.
- Having children place their hands on the side of a chair and bounce in place for a “popcorn ride” (i.e. arm push ups). They can also sit on a chair and push their bottom off the chair with their arms (seat push up). This can also be done while sitting on the floor



- Using playdough, clay activities, plasticine, silly putty, slime, magic sand to create/push/pull or even give children a piece of clay, silly putty, plasticine to hold during daily routines if needed
- Putting bubble wrap on a table and let children use a rolling pin to break the bubbles
- Putting bubble wrap on a rolling pin and let children use bubble wrap rolling pin on playdough, plasticine, etc.
- Using stress balls, resistance bands



Carry Heavy Loads/Wiping, etc.:

- Carrying heavy objects in room (e.g. books, heavy toys, etc.)
- Wearing backpack inside (with objects in backpack) or carrying the class backpack outside/to the gym
- Erasing blackboards/easels
- Wiping/washing tables
- Vacuuming (at home)
- Tossing a big ball, bean bag or pillow to an adult



*Ideas are taken from Occupational Therapy Books/Activities.

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