

Taunton Public Schools - Department of Special Education

Occupational Therapy Department



40 Heavy Work Activities for Children

Heavy work activities involve muscle effort and motion. The resistance of pushing, pulling and pressure is calming to a child and the motion is alerting which helps the child attend to homework or if done in the morning can help keep the child focused during the school day. Choose a few activities to complete for a total of 15 minutes before doing homework or coming to school.

1. Carry heavy items.
2. Eat chewy or crunchy foods
3. Wheelbarrow walking
4. Animal walks
5. Wall push - ups
6. Regular push - ups
7. Table jumps
8. Plank
9. Push or pull a heavy box across the floor
10. Jump Rope
11. Hopscotch



12. Climb on playground equipment.
13. Blow bubbles
14. Blow whistles
15. Blow through straws
16. Drink thick liquids through a straw
17. Paint, color or draw on vertical surfaces (Easels, tape paper to walls, paint house with water)
18. Play with model magic, clay or Playdoh
19. Give bear hugs
20. Crab walking races
21. Hanging on monkey bars
22. Jump on pillows
23. Jump on a small trampoline with supervision.
24. Hoppity Hop
25. Cooking Activities (mixing, stirring)
26. Vacuum
27. Carry filled laundry baskets
28. Do puzzles or games while lying on stomach
29. Run up and down the stairs
30. Play catch with a heavy ball
31. Sweep
32. Mop

33. Use a therapy ball
34. Play with squishy balls/toys
35. Rake leaves or shovel snow
36. Use sidewalk chalk
37. Wipe off tables
38. Put on and take off clothes pins
39. Cut thick paper or paper with different textures
40. Play in the sand