

HEAVY WORK IDEAS

Overview:	<ul style="list-style-type: none"> - Heavy work (proprioception) helps with calming and aiding focus. - Activities can help to reduce sensory seeking behaviours too. - Ideas are generic – choose activities suited to the child's age and ability.
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Proprioceptive Strategies

STRETCHING - ARMS

- Child is standing with arms raised – hold their hands and gently stretch their arms up (count to 3 – release and repeat)
- Row the boat – child is stood in front of you, hold their hands and gently pull/push (so child leans forward/back). See if they can pull/push themselves, bending their arms
- Over the therapy ball – child lies on their tummy over the therapy ball and holds your hands to pull themselves forward/back

PUSHING – ARMS/LEGS

- The child sits on your knee or in front of you – help them to push into the therapy ball (against the wall) with their hands, counting to 5
- As above, this time get the soles of the child's feet against the therapy ball (knees at 90 degree angle), pushing their feet into the ball and counting to 5
- Child lies on their back with knees up towards chest, you push into their feet (so they are 'squashed', counting to 5) – can they 'push you away'?

WEIGHTED BALL

- Lifting, stretching, carrying (can use water/glitter bottles for this)
- Rolling/passing
- Games – roll to knock over cones or towers

LIFTING/CARRYING

- Sand or water play – lifting and pouring
- Handing out books
- Carrying a weighted box – collecting/tidying toys, or carry to another room

OUTSIDE

- Climbing on equipment – encourage to do lots of this (safely)
- Hanging on equipment – i.e. climbing frame
- Pushing equipment – such as a wheelbarrow, pram, car, tyres

ADDITIONAL – dependent on child's ability

- Tugs of war – pulling on rope/lycra
- Obstacle courses – that involve crawling, climbing and pulling self along
- Animal walks – bear, crab, frog jumps

Please speak to the therapist if you have any questions regarding activities.