

# Heavy Work Activities to help children remain calm and focused

Pushing or pulling boxes with toys/books in

Help to move furniture

Opening doors for people

Pushing lunchbox trolleys

Carrying a rucksack with books in

Cleaning surfaces

Carrying beanbags on heads or shoulders across room

Pulling other children on sheet/blanket

Seat push ups

Squeeze toys

Push against a wall

Fill up trucks with heavy blocks to push

Colouring whilst on hand sand knees

Pushing cars with one hand whilst supporting self with the other

Playing catch with a heavy ball

Playing with damp sand

Animal walks e.g. crab.bear army crawls

Help to put out mats and equipment

Climbing on playground equipment

Running and jumping

Obstacles courses