

# CD TIPS & TRICKS ABOUT: HEAVY WORK

## What is heavy work?

Heavy work is term used for the **pushing and pulling against the body's joints and muscles** during every day activities.



Heavy work provides the muscles and joints with input. This input is sent to the brain. Your brain is able to process and interpret the information to better understand where your body is and what your body is doing in relation to other objects and people. This is also called proprioception or body in space. In return, it helps keep your body centered and grounded.

## How does heavy work help?

Children who are constantly moving, touching, jumping, and crashing may appear as being unsafe. Their bodies are looking for that proprioceptive input that makes them feel calm.

When children complete consistent, heavy-work based activities throughout their day, they can feel more organized, calm, and focused. Their bodies are more likely to be ready to learn.



## What are heavy work based activities?

Heavy work based activities can be easily implemented into a daily routine. The more muscles and joints used through movement, the more effective the heavy work activity. This is called "whole body movement." This type of movement is a great way to improve transitions, regulation, and engagement during more challenging tasks or activities.

### IN THE HOME

- Taking out the Trash
- Carrying the Laundry Basket
- Washing the Table
- Vacuuming or Sweeping
- Raking or Shoveling
- Carrying Groceries
- Mixing Ingredients

### DURING PLAY

- Climbing on the Playscape
- Riding a Bike
- Passing a Heavy Ball
- Swimming
- Jumping Rope
- Squishing Play-Doh
- Games such as Twister

### OTHER IDEAS

- Carrying a Backpack
- Pulling a Suitcase
- Wheelbarrow Walks
- Bear Walks or Frog Jumps
- Push Ups or Sit Ups
- Crawling or Running

*It is important to understand that some children can be overstimulated by heavy work activities. Ask your occupational therapist which activities may be most appropriate for your child.*