

## Some Heavy Work/Proprioceptive Ideas

- Moving the chairs before lunch or the cots before rest time
- Pressing hands together really hard before sensory play
- ‘Push 5’s’ instead of ‘High 5’s’ at Greeting
- Straws, bubbles, pinwheels for proprioceptive input to the jaw
- Different animal walks: Bear walk, Crab walk, Snake crawls, Frog jumps, Turtle walks (place a large pillow on the child’s back as a ‘shell’ as they crawl around)
- Wheelbarrow walks: Child places hands on floor, grown-up holds child’s legs off floor and helps them walk with only their hands on the floor. Child should keep fingers facing forward as much as possible. Easier = hold child’s legs at knees or hips, harder = hold child’s legs at the ankles
- Stomping like dinosaurs
- Push-ups against the wall or on the carpet
- Pour water, sand or, for older children, dried rice or beans, back and forth between containers (larger containers = more heavy work)
- Cut the bottom off an empty milk jug and use as a heavy work scooper for water, sand, or rice
- Dig in a sandbox (use scoopers or hunt for buried items)
- Squeeze, squish, and smash play dough; add materials like birthday candles or other items to ‘poke’ into the play dough
- Rip paper or pieces of cardboard: Use newspaper or junk mail and have the children tear it into strips, you can create a collage with all the different colored strips of paper. They can tear up empty cereal boxes or other boxes. These activities can also be especially helpful for children who need to “get out some aggression.”
- Play catch with a big pillow or ball
- Complete an obstacle course or relay race
- Create a sensory path