



# Heavy Work Activities for Small Places

## Considerations:

- Always keep safety in mind when performing activities
- Remember every child is unique – some children will calm to certain activities while others get more excited
- Vestibular input is more unpredictable as to how a child will react (may overly excite them)
- Keep the child's age in mind and adapt the activity as needed
- It may be helpful to be highly structured. You can try social stories and visual schedules so the child knows what to expect during that time, in addition to the use of visual timers or regular timers so the kids know when their time is up. Any visual supports you can offer, such as picture symbols so they can choose which activity they want (if that is an option)

## Heavy Work

- Push/pull a weighted bucket from point A to Point B to complete a puzzle, or other activity.
- Carry heavier objects (i.e. have them help carry some of the toys)
- Use large movements (i.e.. lift objects off the table to drop into a bucket)
- Use heavier objects to lift
- Drag bean bag chair to corner of room (then you can perform “peanut butter and jelly” – sign the song while sandwiching arms and legs – don't go above elbow or above knee)
- Push against the wall to “try to hold it up”
- Do chair push-ups

## Oral Motor

- Whistles, pinwheels, bubbles etc. – things that requires blowing
- Chew toys
- Blowing bubbles into a container filled with water
- Color bubble ‘juice’ and blow onto paper
- Blowing cotton balls off the table
- Offer a chewy snack, crunchy snack, sucking juice through coffee straws or very long straws)
- Chew gum
- Suck sour candy or very chewy candy (i.e. war heads, taffy, etc.)
- Drink apple sauce or slushy/frozen drinks with a straw



## Desk Top Activities

- Fine motor activities that require squeezing – i.e. squeeze glue (be aware of defensiveness to wet glue), squeeze toys
- Fidgets -- koosh balls, bumpy balls, squishy toys, theraband, tops, water snakes
- Box with small objects buried in rice/beans/sand/pasta.
- Resistive Exercises, such as jumping jacks, toe touches, sit ups, push ups, etc

## Vestibular/Proprioceptive

- Gentle rolling with therapy ball for deep pressure
- Side to side swinging of student in sheet (like hammock) (fast or slow depending on student's arousal need)
- Sitting on therapy ball and bouncing
- Move n' sit disk or other seat cushions
- Bear hug/weighted vest
- Placed weight object in lap while sitting
- Give move/stretch breaks
- Allow them to participate in activities while standing or laying on the belly (if this works with your goals)
- Rocking chair
- Ball chair
- Jump into bean bag chairs
- Jump on mini trampoline

## Environment

- Play soft music in background (Enya, classical)
- Dim lights, use 'natural' lighting or lamps (florescent lighting hums and flickers)
- Use a soft voice
- Use calming smells such as vanilla or lavender (if not hypersensitive to smells)
- Have a small enclosed "calming" place the child can go to (i.e. tent, bean bag chair that is in the corner of a room and if possible place a book case on one side and the wall on the other to provide boundaries)