

Heavy Work Activities

HEAVY WORK ACTIVITIES HELP THE CHILD TO BE CALM AND FOCUS BETTER. JUMPING, CLIMBING, PUSHING, PULLING AND WORKING THEIR MUSCLES WITH RESISTANCE SUCH AS LIFTING WEIGHTS ARE ALL HEAVY WORK ACTIVITIES

PHYSICAL ACTIVITIES

- Do animal walks
- Wheelbarrow walk
- Jumping Jack
- Jumping rope
- Hopscotch
- Frog jump
- Riding bicycle
- Squatting
- Cross crawl
- Hopping
- Obstacle course

use available furniture
pillows and blankets in the
house to build obstacle
circuits in the house.

HOUSE CHORES

- Carry laundry basket
- Sweep or mop the floor
- Washing car
- Vacuum
- Washing plates/utensils
- Clean couch cushions
- Remove couch cushions and put them back

