skills on the hill pediatric therapy

Heavy Work Activities Around the House

Calm, focus, and regulation - using what you already own

"Heavy work" is any activity that pushes, pulls, or carries against resistance. It gives the body deep-pressure input that's naturally organizing - calming for revved-up kids and alerting for sluggish ones. Best of all, it's free.

NOTICE	TRY	BUILD	CONNECT	GROW
Kitchen helpers	Carry grocery bags, push in chairs, wipe the table			
Stir thick batter or knead dough	Cleanup crew			
Push a laundry basket, carry stacks of books, vacuum	Wipe windows, take out the (light) trash			
Play & movement	Animal walks (bear, crab, frog), wheelbarrow walking			
Tug-of-war, jumping, and climbing	Outdoor jobs			
Dig in the garden, pull a wagon, rake leaves	Water plants with a full can, push a wheelbarrow			
When to use it Before homework or bed to calm; in the morning to wake up the body	Anytime you see the wiggles building			

Parent tip: Start small. Pick one idea that fits your family, practice it consistently, and build from there.