

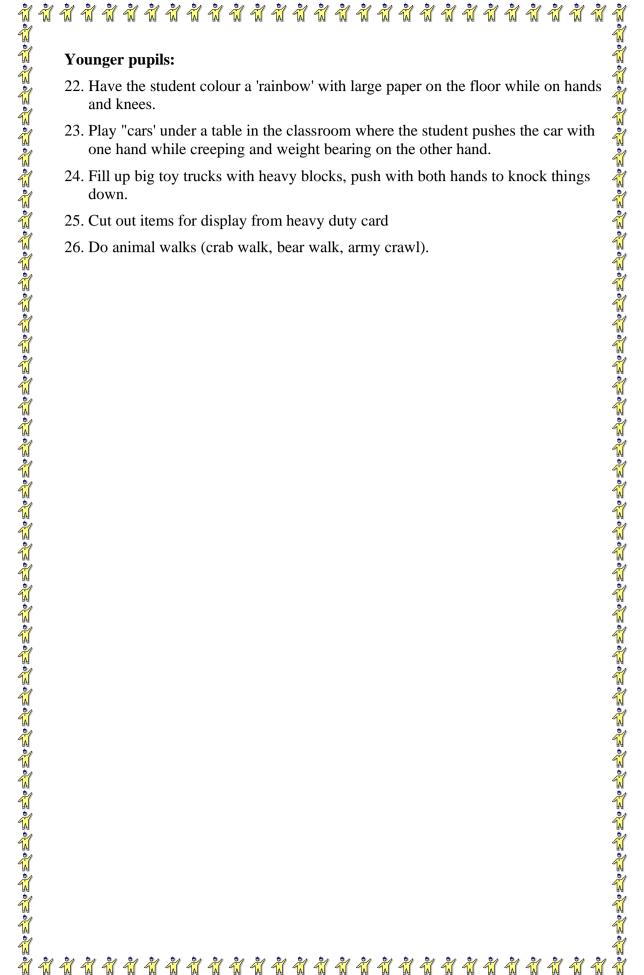
Heavy Work Activities in School

The following are activities school teams can use to provide heavy work activities for students. All the activities on this handout are 'naturally occurring activities.' This means they can be incorporated into the student's daily routine within the school environment.

- 1. Place chairs on desks at end of day or take them down at beginning of a day, or shack chairs.
- 2. Help rearrange desks in the classroom.
- 3. Clean the blackboard/dry erase board, or wash them.
- 4. Sharpen pencils with a manual sharpener.
- 5. Push the lunch trolley
- 6. Open doors for people
- 7. Staple paper onto bulletin boards.
- 8. Take isometric exercise breaks, eg the 3 x 3 routine, or chair push-ups.
- 9. Have students push against a wall. For younger students, you can use the idea that 'The room feels small this morning - can everyone help me push the walls out to make the room bigger?' (hand prints on wall!?)
- 10. Help the gym teacher move mats, hang them up, etc.
- 11. Fill boxes (small ones that students can carry) with books to take to other classrooms. Teachers could ask students to move these boxes back and forth as needed.
- 12. Carry books with both hands hugging the book to the chest.
- 13. Use squeeze toys that can be squeezed quietly on the student's lap under the desk so that the student does not disturb the class.
- 14. In the classroom, fasten a large phone book to the bottom of the student's chair with heavy duty tape. The teacher can rearrange the student's schedule so the student has to move to a different location within the classroom (carrying or pushing his/her weighted chair) between certain subjects or activities.
- 15. Have the student move packs at a time of Xerox paper from the storage area to the photocopier.
- 16. Help the caretaker with emptying wastebaskets, mopping the floor, etc.

Gross motor activities:

- 17. Jump on a mini-trampoline.
- 18. Climb on playground equipment.
- 19. Swing from the trapeze bar.
- 20. Perform sports activities that involve running and jumping.
- 21. Run around the track at school.



Younger pupils:

- 22. Have the student colour a 'rainbow' with large paper on the floor while on hands and knees.
- 23. Play "cars' under a table in the classroom where the student pushes the car with one hand while creeping and weight bearing on the other hand.
- 24. Fill up big toy trucks with heavy blocks, push with both hands to knock things down.

- 25. Cut out items for display from heavy duty card
- 26. Do animal walks (crab walk, bear walk, army crawl).