

Heavy Work Activities (Proprioceptive Input); They Need Them, They Crave Them!

<http://www.sensory-processing-disorder.com/heavy-work-activities.html>

• Gross Motor Activities

CARRYING OBJECTS...

- groceries
- back pack
- hip pouch
- stacking or moving chairs/books
- watering can/hose, helping in garden
- baby's diaper bag
- ANYTHING with weight to it!

WEARING A Weighted Vest AND/OR WEIGHTED SHORTS

WEARING WRIST OR ANKLE WEIGHTS

SWIMMING

SWIMMING WITH WEIGHTS

PUSHING/PULLING OBJECTS...

- toy shopping cart
- laundry basket
- wagon
- raise/lower flag at school
- tug of war
- putty press (flatten putty on wall or desk/table)
- monkey bars
- toy vacuum
- mop/sweep floor with the Deluxe Dirt Devil Cleaning Set or this cleaning cart
- wrestling

- shoveling snow
- raking leaves, dirt etc. using a kid's wheelbarrow and Brio Garden Tools: rake, spade, shovel and broom
- pushing self or others on scooter board
- being towed on a "tow rope"
- "push of war" between partners (with ball, have to cross over line)
- riding bikes or scooter
- rollerblading

JUMPING/BOUNCING...

- on a trampoline
- on an old mattress or soft area
- into bean bag chairs
- on a 24" therapy ball or a 40" therapy ball (with adult assistance of course)
- on a Pogo Jammer Electronic Pogo Stick
- moon shoes
- on a Hopping Ball or a Hippity Hop
- horseback riding
- with a jump rope
- hopscotch
- floor gymnastics
- on jumpolenes or backyard bouncers

(Check Out Cool Jumpolenes And Bouncers At The Movement Store)

WHEELBARREL WALK RELAYS

POTATO SAC RACES

LIZARD CRAWL (belly on floor, push self with elbows)

CLIMBING...

- on jungle gyms
- rock walls
- outside on rocks or trees
- up ladder, slide, or knotted rope

BODY SOCK

WALKING/RUNNING/PLAYING IN THE SAND

"SANDWICH" ACTIVITIES/ SQUISHING ACTIVITIES...

- make a child "sandwich" between soft pillows or cushions
- roll child up in mat or heavy blanket as a "hot dog"
- give child heavy blankets, weighted blankets ,or sleeping bags (for children) at bedtime
- bear hugs
- firm towel dry after baths, wrap up tightly

TWISTER

CRABWALK (hands and feet on floor, belly up)...

- relays
- soccer
- volleyball (kicking balloon with feet in air)

(Click Here For Specific Gross Motor Activity Ideas For Toddlers)

Fine Motor/Upper Extremity Activities

WORKING AT VERTICAL SURFACES (At/above eye level)...

- with tabletop easels
- erasing, coloring on chalkboard
- painting/drawing on standing easel
- washing windows
- wipe down shower or tub
- paint with water on side of house

RESISITIVE TOOLS OR TOYS...

- clothespins
- spray bottles
- use scissors to cut putty, play-doh, thick paper or cardboard
- Play-doh Factory presses and molds
- use rolling pin to flatten cookie dough/play-doh
- color/draw with crayon on textured surface

(Click Here For Tons Of Fine Motor Skills Activity Ideas And Products!)

- bingo markers
- hole punches
- spray nozzle on garden hose

FIDGET OR PLAY WITH STRETCHY/SQUISHY ITEMS...

- theraputty (hide and seek with coins, tug of war, cut and flatten to make cookies, roll out to make letters)
- play-doh (Check Out Recipes For Play Doh, Silly Putty, Paints And More)
- The Silly Putty Store and The Crayola Store

- rubber bands
- nerf balls
- "squishies" (fill large balloon with flour or sand)

RESISTIVE SURFACES...

- sidewalk chalk on driveway
- color pictures taped over sandpaper
- use sanding block to sand wood project
- brush the family dog

USE WRIST WEIGHTS

COOKING ACTIVITIES...

- stirring

- pressing
- kneading

ETCH-A-SKETCH WITH RESISTIVE KNOBS (shake with both arms to clear screen)

DIG AND PLAY IN SAND with a homemade toy backhoe , or with some cool beach and sandbox toys using sand and water tables or, wooden covered sandboxes

Oral Motor Activities:

CHEWY FOODS...

- dried fruit
- gummi bears/worms etc.
- licorice
- beef jerky
- bagels
- cheese
- granola bars
- gum
- raisins
- taffy
- soft pretzels
- popcorn

RESISTIVE SUCKING...

- through a thin curly straw
- sports bottle with long straw
- lollipops, popsicles
- drink milkshake with a straw
- hard candies
- peanut butter

BLOWING...

- wind instruments
- bubbles
- balloons
- whistles/whistling
- "snake" party favors
- make splatter paintings (use thin paint on paper... blow air through a straw and watch the paint move! can also use chocolate pudding thinned with milk on freezer paper
- blo-pens
- blow bubbles in the bath
- kazoos and other noise makers

• **SUGGESTIONS FOR TACTILE EXPERIENCES/INPUT (and accomodations):**

- Play-doh / Silly Putty / Scented Play-doh
- Colored glue... sprinkle glitter on it using finger tip or shaker
- Funny Foam or shaving cream
- "Gooze" or "Zyrofoam"
- "Glop"... which is homemade with cornstarch and water

Check Out A Huge List Of Play Doh Recipes; A Fun Way To "Treat" Tactile Defensiveness!

- Feathers
- Beans or rice (uncooked)
- Fingerpainting with pudding or fingerpaints
- Towel rub down after a warm bath (firm, quick strokes)
- Using various sponges, washcloths, and loofahs in the bath
- Messy play in the tub where they can immediately wash off if bothered by it
- Lotion massage to extremities
- Wearing spandex or lycra exercise-type clothes under regular clothes for calming, evenly distributed deep pressure input
- Wear moccasins instead of shoes
- Vibrating toys or massagers... (if child is fearful of it, let him control the on/off switch, let him massage you or a stuffed animal first. When he is ready you can help him or he can do it himself. Never use it on the stomach... **stop if he looks uncomfortable**)
- sand and water tables
- sandbox and beach sand toys

Note: if the child with tactile defensiveness is fearful of any materials, have him play with it in a less threatening way. For example, he can use your hands to start touching it, he can put objects in or out of the "messy" materials, or he can push toy cars or plastic animals through it etc.

AFTER he begins to feel safe, slowly encourage him to try other fun ways which you model... splatting it, poking, pulling, rolling

etc. Eventually encourage the use of the whole hand (including palm).