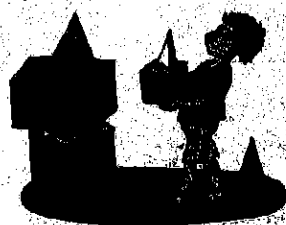
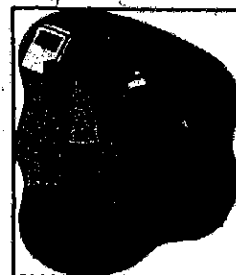


HEAVY JOBS

What are **HEAVY JOBS** and what do they do?

Activities that provide heavy muscle work are frequently used to develop stability for coordination and to promote attention, focus and calmness.

Although these are often labeled 'heavy work' activities, we prefer to call them 'heavy jobs.' Children often appear to be more motivated to do 'jobs' than they are to do 'work.'



GOALS:

- Integrate the 'just right' amount of heavy muscle work activities throughout your child's day to meet his unique sensory needs
- Provide your child with opportunities to safely seek and obtain the heavy muscle work he needs through outdoor play and indoor games
- Select helpful chores that use heavy muscle work activities, to increase focus and improve social skills. Chose heavy jobs he *likes* to do.

SOLUTIONS:

Together with your child and family, choose activities which work for you outdoors, indoors, during playtime, work time, mealtime, bath time and bedtime.

You may find it helpful to make a list from the following pages and post it on your refrigerator.

Work List

Carry the laundry basket to your room

Help put the groceries away

Play List

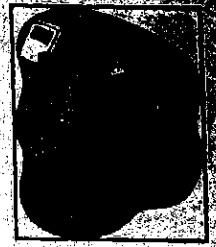
Carry the box of toys to your wagon

Pull your wagon with the toys to the park

Climb on the monkey bars

Dig in the sandbox with a friend

HEAVY JOBS



JOBS & CHORES ... Inside:

Put groceries away. Include some low shelves where he needs to be on his hands and knees



Take the cushions off the sofas, vacuum under them, then put them back

Mop or sweep the kitchen floor



Scrub rough surfaces with a brush

Help dust the furniture



Clean the windows or the front of appliances (spray bottles are great for hand muscles!)

Carry the laundry basket

Change the sheets on the bed, then toss the linens down the stairs



Rearrange the bedroom furniture.

JOBS & CHORES ... Outside:

Sweep the porch or driveway



Do yard work (rake leaves, mow the lawn)



Shovel sand into a wheelbarrow, wheel the wheelbarrow to a spot, dump out sand and use a rake to level it out (functional for filling in low spots in backyard)



Carry buckets to water flowers, plants, trees

Recycle (carry a box of cans or newspapers)



Pull a heavy trashcan

Stack the patio chairs



Wash the car

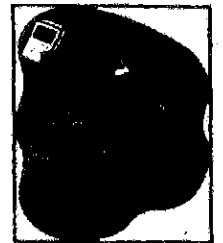


Bathe the dog

Perform wood projects requiring sanding and hammering.



HEAVY JOBS



PLAY TIME ... Inside:

Push or pull a box with toys or a few books in it

Play 'cars' under the kitchen table where your child is on hands and knees pushing the car with one hand while weight bearing on the other hand

Play 'row, row, row your boat' both sitting on the floor, pushing and pulling each other

Play 'magic carpet' (pull someone on a sheet, blanket or small rug)

Bounce on a mini trampoline or on a 'chair ball' while holding its legs

Climb on pillows, hide under them, jump and 'crash' into them, pull them up the stairs

Play 'pillow fight'

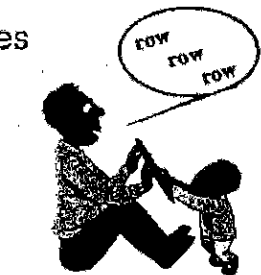
Fall into a beanbag chair

Do the army crawl and animal walks (crab walk, bear walk)

Play 'sandwich games' where your child places you between beanbags, sofa cushions, mattresses and applies light pressure to top layer

Be a pizza and have your child slowly roll a ball over you, applying pressure.

See Resources for Pete's A Pizza book.



PLAY TIME ... Outside:

Fill up big toy trucks with heavy blocks, push with both hands to knock things down

Play in a sandbox with damp heavy sand

Color a 'rainbow' with large paper or with sidewalk chalk while your child is on his hands and knees

Jump over or climb inside inner tubes

Play catch with a heavy ball

Play 'tug of war' with a jump rope

Roll or sled down a hill

Swing from the monkey bars and climb on playground equipment

Participate in activities such as gymnastics, horseback riding, karate, pulling self up climbing walls.



Remember **FUN** and **SUCCESS** are key.

HEAVY JOBS

TRANSITIONS:

Push heavy doors using both hands



Carry groceries into the house



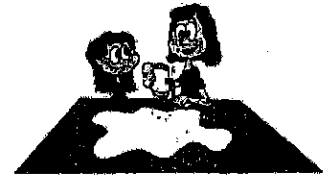
When traveling, let your child pull his own suitcase on wheels.

MEAL TIME:

Mix and knead cookie dough



Help cook with an onion chopper (or other simple and safe kitchen utensils)



Push or pull chairs in/out from the table

Wipe the table after dinner with a large sponge and use hand muscles to squeeze

Sip applesauce or thick milkshake through a straw.



HOMEWORK TIME:

Chew gum, eat chewy foods or crunchy foods, or sip water from a water bottle with a thin straw

Do chair push ups (see Chair Push-Ups in the *Tool Chest™* handbook)



Say 'let's pretend to make the room bigger' and push against the walls.



BATH TIME:

After a bath, rub your child briskly with a large heavy towel, firmly squeezing his muscles. He can help fold the towel when done.



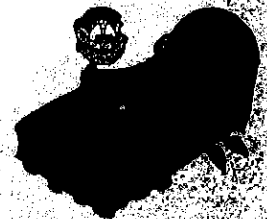
BED TIME:

Help fold a heavy quilt



Wear tight flannel or soft snug pajamas

Go 'camping' with a heavy blanket pulled across a few chairs. Your child can help set up and take down the blanket



Change the sheets on the bed.

Note: These activities were adapted from a list generously provided and compiled by Elizabeth Haber, MS, OTR/L and Deanna Iris Sava, MS, OTR/L. For additional lists contact by email eahaber@aol.com or deannasava11@msn.com