

25 HEAVY WORK ACTIVITIES & IDEAS FOR SMALL SPACES

Proprioceptive activities are often referred to as “heavy work”. Heavy work is accomplished by working against weight or resistance through activities like shoveling snow, playing tug of war, riding a bike, swimming, pushing a heavy strollers, or pulling a loaded wagon.

But heavy work activities don't always have to involve a lot of space. Whether you're a teacher with limited classroom space, a therapist who works in the corner of a crowded hallway, or you're stuck in the waiting room at a doctor's office and wanting to calm your anxious child – try these heavy work activities to provide that calming proprioceptive input!

1. Massages
2. Bear hugs
3. Play with a Body Sock
4. Yoga Poses
5. Pulling resistance bands with hands
6. Playing passing games with weighted stuffed animals
7. Weighted sensory bottles
8. Animal walks
9. Wall pushes
10. Chair dips
11. Tossing and catching heavy bean bags
12. Boxing with boxing gloves against a mat or bolster
13. Roll a therapy ball up and down the wall
14. Squeezing putty or play dough
15. Playing tug of war with Pop Toobs
16. Tearing paper (especially heavier card stock)
17. Crumpling paper and shooting into a garbage can
18. Pushing and pulling Squigz
19. Cooking activities (e.g. kneading, stirring thick dough)
20. Stepping up onto a chair or bench and jumping down (with close supervision!)
21. Squeezing sensory balloons (filled with dry beans, dry rice, or play dough)
22. Digging in a tactile bin of wet sand or Kinetic Sand
23. Writing on and then wiping off or erasing a dry erase board
24. Pushing feet against resistance band tied to the legs of a desk
25. Wall sits