



Heavy Work Ideas



In Sitting

- Play with Play Doh or Therapy Putty
- Blow Bubbles
- Blow Cotton Balls with a Straw
- Isometric Exercises
- Pop Tubes
- Stack Bean Bags
- Wipe the Table
- Roll Out Cookie Dough
- Mix Thick Batter
- Scoop and Dump Rice, Beans, or Water between containers
- Tug of War
- Pillow Fight

Exercises

- Push-Ups (Wall or Floor)
- Superman
- Plank
- Bridge
- Wall Slides
- Yoga Poses: Warrior, Tree, Downward Dog

Games

- Animal Walks: Crab Walk, Bear Walk, Snake Slither, Wheelbarrow
- Tug of War
- Push Pull Game
 - lace fingers with partner and push and pull each other
- Pillow Fight
- Scoop and Dump Rice, Beans or Water
- Push a child size shopping cart or baby stroller with canned goods for weight.
- Scooter Board: Sit or lay on stomach. Push through obstacles, pick up toys, or blow cotton balls with a straw.
- Household Helper: vacuum, sweep, steam, wash window, wipe counters, carry laundry, sort laundry, pull weeds, wash a car.