



## ***Deep Pressure/Heavy Work Activities***

### **General**

- Carrying baskets with heavy items in them
- Carrying heavy cushions - taking the cushions off of sofas, vacuuming under them and putting them back
- Pulling a heavy trash can
- Mopping the floors
- Pushing or pulling boxes with toys or a few books in it
- Pushing the walls out as if the room were too small
- Pushing furniture around the house/classroom
- Housework including vacuuming and mopping, carrying buckets of water to clean with or to water flowers/plants/trees
- Have the child help by pushing chairs back into place after meals
- Helping change the sheets, toss laundry down the stairs
- Giving the dog a bath
- Washing tables
- Squeeze and rub child briskly with a towel after bath
- Use heavy quilts at night and tight flannel PJs
- Pull other kids around on a sheet or blanket
- Pull a friend in a wagon
- Push a friend in a wheelbarrow
- Tug of war
- Pillow case with a few stuffed animals in it for weight, pushing or pulling it up the stairs
- Go "camping" with a heavy blanket pulled across a few chairs, allow child to set up and take down the blanket
- Push a large therapy ball up the stairs with both hands (stay behind child to supervise)
- Jump or climb in inner tubes
- Fill up big toy trucks with heavy blocks, push with both hands to knock things down
- Mini trampolines
- Bounce on a hoppity ball
- Sandwich games (with sofa cushions, mattresses)
- Play catch with a heavy ball, bouncing and rolling a heavy ball

### **Oral**

- Chewy candy/crunchy or chew food breaks
- Sucking applesauce, milkshakes through a narrow straw
- Drinking from a water bottle with a straw in it

### **Outdoors**

- Washing the car
- Shovel sand into a wheelbarrow, wheel the wheelbarrow to a spot, dump it out and use a rake to level it

- Yard work, including mowing the lawn, raking grass/leaves, pushing wheelbarrow
- Digging the dirt for a gardening project, moving soil and plants
- Swing from the trapeze bar
- Climb on jungle gyms
- Play in sandbox with damp heavy sand
- Ride a bike
- Roller skating
- Swimming/diving after weighted sticks thrown into pool

### Play

- Play "row, row, row your boat" sitting on the floor, pushing and pulling each other
- Bean/rice play, koosh balls, water play, jello play
- Swing in a sheet supported by two adults
- Play wrestle: pushing game where two people lock hands facing each other and try to see who can push and make the other person step back first. Use other body parts also, but be sure to have rules (no hitting, no biting, no scratching, when one person says "stop" then both must stop)
- Quiet squeeze toys such as the cow or frog
- Pillow fights
- Sofa pillows are great fun, pull them off the sofa, climb on them, hide under them, jump and "crash" into them, play hot do and roll a ball heavily over the child
- Play on all-fours: have the child color a "rainbow" on large paper on the floor, playing "cars" under the kitchen table where the child pushes the car with one hand, letting child put groceries/pots away on a low shelf
- Fall into a beanbag chair
- Jump and roll games: rolling up in a blanket
- Push/pull weighted carts/wagons/toy baby carriages/toy shopping carts/suitcases/boxes around
- Chair push ups
- Animal walks: crab walk, bear walk, army crawl



Prepared by Pediatric Potentials of West Essex, LLC.

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