

# PLAY TIME HEAVY WORK ACTIVITIES FOR KIDS

Heavy work activities can easily be incorporated into play time. In fact, a lot of the games and activities that your child is already doing at the park can be classified as heavy work. Here are some play time suggestions:

1. Climb a tree
2. Push someone on a swing
3. Play on a teeter totter or seesaw
4. Build a fort
5. Obstacle course
6. Animal walks: crab walk, lizard crawl (uses hands only)
7. Pillow fight
8. Pull a wagon or sled filled with objects or with a person riding in it
9. Play catch with bean bags
10. Play catch with a large ball
11. Climb up a slide
12. Monkey bars
13. Climb at the playground (ladders, rock walls, etc.)
14. Hang and/or swing on a bar at the park
15. Crawl backwards using hands
16. Carry bean bags
17. Climb a chair or couch
18. Carry a pile of books
19. Push a bobo doll or punching bag
20. Play statue (adult stands as straight as possible and child tries to push adult)
21. Carry a bucket of water or sand
22. Play tug of war - You can use a rope, blanket, scarf, or even our homemade sensory tunnel or homemade stretchy bands
23. Wheelbarrow walking
24. Resistance cycling (adult and child face each other, put feet together, and pedal)
25. Push a door (adult puts resistance on a door while child tries to push the door closed)
26. Army crawl (no knees allowed)
27. Hand pushing game (adult and child place hands together and push back and forth)
28. Dig in the dirt, garden, or sandbox
29. Do pushups
30. Squish, knead, and play with play dough or silly putty or theraputty
31. Ride a scooter board on your tummy and use hands to move