

Heavy Work Activities & Movement Breaks at Home

Any activity that requires heavy muscle work (push, pull, lift and carry) may assist with focus and attention at home. Alternate periods of movement followed by periods of concentration to help maintain an optimal level of alertness. Heavy work activities have an organizing and calming effect on the body and can play an important role in a daily home schedule.

1. Animal walks: Stomp like an elephant, hop like a frog, crawl like a bear, crab walk, slither like a snake.
2. Play in the snow!
3. Build a fort with couch cushions
4. Crash into couch cushions or pillow pile
5. Obstacle course out of items at home (coffee table, kitchen chairs, cushions, hula hoop, skipping rope)
6. Cooking tasks: stirring, kneading, mixing, pouring
7. Load/unload the dishwasher
8. Help with laundry
9. Wash windows
10. Wipe tables
11. Re-arrange furniture
12. Carry groceries from the car
13. Carry a heavy box upstairs, to the basement or to the other end of the house
14. Take out the garbage
15. Dig in the snow and/or garden
16. Vacuum, sweep or mop the floors
17. Climb a tree or a hill
18. Go for a bike ride
19. Climb on playground equipment
20. Shovel
21. Oral heavy work: chewing gum, sucking water from a water bottle, healthy chewy or crunchy snacks (i.e. pretzels, fruit leather, beef jerky, carrots, celery, licorice, nuts, etc).