

## Examples of Heavy Work Activities (aka “Deep Pressure”)

**Please Note:** These exercises are to be done with ADULT supervision and are not appropriate for all children; consult your child’s physician to determine the appropriateness for your child.

These activities in general require 2 of the 3 major joint systems in the body (knees, hip and shoulders):

- Carrying heavy items (laundry baskets with cardboard blocks, grocery bags)
- Pushing grocery cart at supermarket
- Mopping or sweeping the floor
- Stirring cookie dough or cake batter
- Jumping jacks
- Chewing gum, eating crunchy foods (pretzels, carrots, small ice chips or sipping water from a cup with a thick straw while doing seated work)
- Pushing or pulling boxes or laundry baskets with a few toys or books in it
- Carrying or pushing pillowcases of stuffed animals around the house
- Helping with chores, pulling a heavy trash can, vacuuming, watering plants
- Removing couch cushions, piling them on the floor and “crashing” into them
- Roller-skating uphill, ice skating, jumping rope, marching, hopping and skipping
- Walking on a treadmill set to go uphill
- Pulling other kids around on a sheet or blanket
- Crawling through a t-shirt tunnel
- Yard work such as raking leaves, pushing the wheelbarrow, watering the flowers
- Shoveling sand into a bucket
- Crossing monkey bars
- Swinging on the swing set
- Pulling heavy items in a wagon