

# Help Your Child THRIVE



## Heavy Work - What is this?

It is important that children engage in heavy work activities as this helps to activate their proprioceptive system which helps to control movement and body awareness. Heavy work is activities that push or pull against the body. They work to 'jump-start' the body and support regulation. The importance of heavy work is to help regulate your child and support:

- Increased attention and focus for school work, learning and play
- Increased confidence to attempt challenging tasks and promote problem solving
- Their body and mind to be calmer, making them more approachable
- Increased ability to talk and reason with your child
- Reduce the intensity and duration of emotional outbursts
- Helping your children to fall asleep faster

## Activity ideas:

- Riding bikes
- Mopping or sweeping the floor
- Animal walks- bear walk or frog jump
- Tug-of-war
- Wall pushes - try pull the wall over
- Blanket roll up - lay child on edge of bed and roll them up in the blanket, keeping head out
- Weighted blankets or toys
- Moving furniture
- Obstacle course
- Carrying washing basket
- Squishing playdough or putty
- Wheelbarrow walk - child walks on their hands while you hold at knees or feet

**The more opportunities for heavy work we offer our children throughout the day, the greater positive engagement and interaction we will get back. Our role is to co-regulate our children and teach them strategies they can take with them as they grow and regulate themselves**

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**Heavy Work - What activities are you going to try?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Can you think of your own activities to try at home?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**What are your favourite and most effective activities?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Tip:** Remember we need to engage in heavy work activities every 2 hours to help maintain a well regulated sensory system so we can best react and respond to sensory experiences that may be overwhelming or challenging.

**HAVE FUN AND BE CREATIVE!**