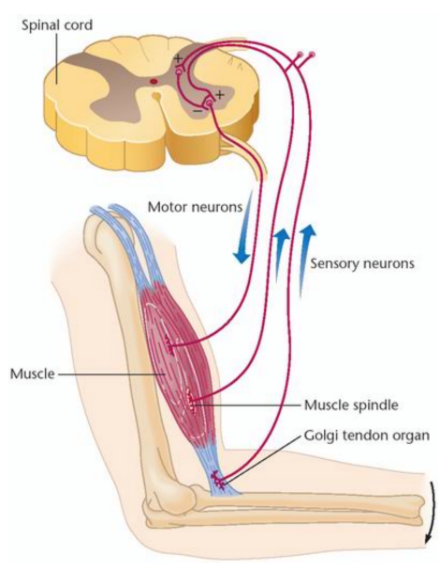
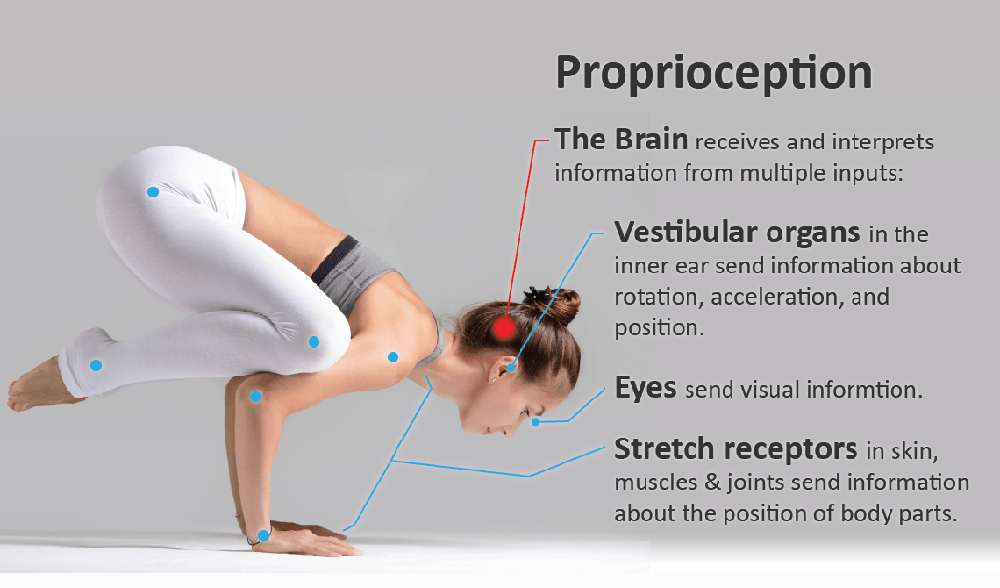
**What is heavy work?**

* Heavy work means moving your body against resistance which activates *proprioceptive receptors* in your muscles, tendons or joints

**Why is heavy work important?**

* This system helps us understand where our body is in space (e.g. tying shoes without looking)
* It also tells us how much force we are using and whether we need to use more or less force in order to successfully complete a task (e.g. when colouring, cutting our food or opening/closing a door)

**How does heavy work help students?**

* The resistive input obtained through heavy work activities generally has a calming or organizing effect
* It allows children to improve their arousal level to a state where they can pay attention and learn
* Proprioceptive input also helps to improve body awareness which helps with overall coordination

**How to incorporate heavy work into the classroom?**

* The best activities are the ones that can be easily incorporated into daily routines and are enjoyed by the students; try a few of the following and see what works best:

1. **Pushing/Pulling Activities:**
   * Pushing a cart down the hall (weighted with book, recycling, snacks etc)
   * Singing “row, row, row your boat” with a partner by sitting on the floor, holding hands, pushing and pulling each other
   * Try to stand up with a partner by sitting back to back, interlocking arms, placing feet flat on the floor and pushing against each other into standing
   * Doing full or knee push-ups or wall push-ups or crawling activities
   * Pulling friends outside in a wagon or sled
   * Playing in a hands-and-knee position or lying on tummy while reading or doing homework
   * Pushing and holding open heavy doors

1. **Squeezing:**
   * Playing with resistive putty or play-doh while incorporating tools such as scissors, rolling pins, cookie cutters and stamps
   * Cutting out items from thick cardstock paper
2. **Lifting/Carrying:** 
   * Lifting or taking down chairs
   * Helping to rearrange desks in the classroom
   * Erasing chalk or dry erase board
   * Carrying bins full of recycling or books
   * Helping around the school, carrying and stacking books, printer paper or supplies
   * Carrying a heavy backpack (wearing one even when not needed)
   * Setting up/ putting away gym supplies ex. hanging mats on the wall, lifting balls into storage bins, hanging rings over post, etc.

1. **Climbing:**
   * Most easily done at a play structure with ladders, rock wall and monkey bars or climbing area
   * Going up and down stairs
2. **Jumping/Running:**
   * Play jumping games like hopscotch or jump rope
   * Sitting and bouncing on a hippity hop ball
   * Jumping in and out of hoops or hopping on one foot
   * Galloping or skipping in gym
   * Most sports (e.g. soccer, basketball, flag football, gymnastics, ball hockey, volleyball, etc)
3. **Chewing/Sucking/Blowing:** 
   * Allow gum chewing
   * Provide chewy snacks/candy for rewards (licorice, fruit roll-ups, tootsie rolls, starburst)
   * Offer crunchy foods for class snacks (carrots, celery, apples, pears, pretzels, popcorn)