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Heavy Work Activities

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Functional Heavy Work activities

Carrying and distributing materials: Assign children the task of carrying and distributing books, papers, or supplies to their classmates or different areas of the classroom.

Setting Up and Cleaning up Classroom: Have children participate in setting up the classroom for the day, including arranging chairs, organizing materials, and tidying up the space.

Gardening: If your classroom has a garden or potted plants, involve children in activities such as digging, carrying, watering, or moving pots.

Cleaning Windows or Boards: Assign children the task of cleaning classroom windows or whiteboards using spray bottles and cloths.

Vacuuming or Sweeping: Allow children to take turns using a small handheld vacuum cleaner or a broom to clean the classroom floor. .

Laundry Tasks: Create a simulated laundry area in the classroom where children can engage in folding and sorting clothes.

Cooking or Food Preparation: Incorporate cooking or food preparation activities that involve stirring, kneading

Heavy works activities typically involve

engaging the muscles and joints through

resistance These

task involve

pulling or pushing

or lifting which

can have a

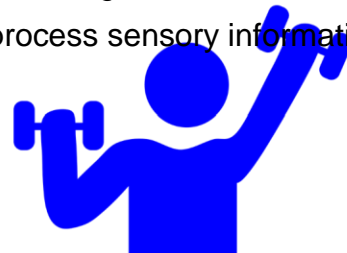
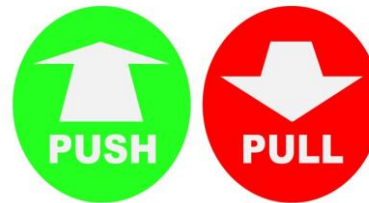
calming and

organising effect

on the nervous system. These activities can

help individuals feel more grounded, focussed,

and better able to process sensory information.



Benefits of Heavy Work activities

Sensory Regulation: Heavy work activities provide deep pressure input to the muscles and joints, which can help regulate the sensory system and promote a sense of calm and organization.

Heavy works activities are exercises that provide deep pressure, proprioceptive input, or vestibular stimulation to help regulate and organize sensory input for individuals with sensory processing difficulties.

Body Awareness: These activities increase the child's awareness of their body and its movements, improving proprioception (the sense of body position).

Muscle Strength and Endurance: Heavy work activities engage multiple muscle groups, helping to build strength and endurance. This can contribute to improved motor skills and overall physical fitness.

Attention and Focus: The deep pressure input from heavy work can have a grounding effect on the nervous system, promoting increased attention and focus.

Improved Mood and Emotional Regulation: The calming and organizing effects of heavy work activities can contribute to a positive mood and better emotional regulation.

Remember, while heavy work activities have many potential benefits, it's important to adapt them to each child's individual needs and preferences.

There are various tools and equipment available that can be used for heavy work activities. Here are some examples:

Therapy Balls: Large therapy balls, also known as stability balls or exercise balls, can be used

for activities like bouncing, rolling, or pushing against the ball to engage the muscles.

Resistance Bands: These stretchy bands provide resistance when pulled or stretched making them useful for exercises that target different muscle groups. They come in various levels of resistance to accommodate different abilities.

Weighted Balls: These balls are filled with sand or other materials to add weight. They can be used for throwing, catching, or carrying exercises, providing deep pressure and muscle engagement.

Body Socks: These stretchy, full-body sacks provide deep pressure and proprioceptive in-

put by enveloping the child's body. They can be used for activities like crawling or rolling.

When using any tools or equipment, it's important to ensure proper supervision and safety measures are in place. .