

Activities that provide heavy muscle work develop stability for co-ordination and promote attention, focus and calmness.

Each child requires just the right amount of heavy muscle work activities throughout the day to meet their individual needs. Provide them with safe opportunities of outdoor play and indoor games so they can choose the amount they need. Ideal moments are before and after homework, and after watching the TV or playing on their playstation for a protracted period.

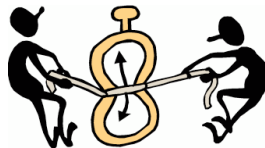
Here are some examples. Chose the ones that your child likes to do, or make up some new games.

Inside Play

- ❖ Wheelbarrow walking
- ❖ Rough and tumble games



- ❖ Pillow fights
- ❖ Crashing onto a beanbag
- ❖ Sandwich games – where you take turns to be placed between beanbags, sofa cushions, mattresses and the other applies light pressure to the top layer
- ❖ Tug of War



- ❖ Steam roller – take turns to lie on the floor and the other person slowly rolls a ball over you, applying pressure

Outside Jobs and Chores

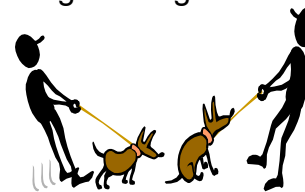
- ❖ Washing the car
- ❖ Digging in the garden



- ❖ Watering the garden with buckets or a watering can



- ❖ Walking the dog



Other activities

- ❖ Karate



- ❖ Swimming

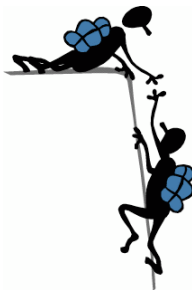
- ❖ Indoor rock climbing wall



- ❖ Climbing up a rope or ladder swing (or climbing on a rope course)



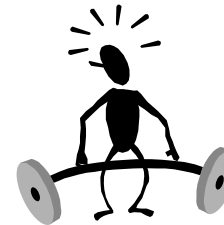
- ❖ Climbing a tree
- ❖ Mountain climbing or hiking outdoors



- ❖ Pulling a sledge up a hill
- ❖ Playing catch with a heavy ball



- ❖ Magic carpet – pulling someone along on a sheet or blanket
- ❖ Pushing on a therapy ball against a wall with both feet while lying on your back
- ❖ Weight lifting or working out with pull-up bar in a door frame



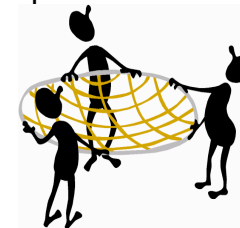
- ❖ Commando crawling, crab walking, other animal walks



- ❖ Push or pull a box with toys or books in it



- ❖ 'Row, row, row the boat' with both sitting on the floor pushing and pulling one another
- ❖ Bouncing on a trampette



- ❖ Walking upstairs, two at a time

Inside Jobs and Chores

- ❖ Carrying groceries in from the car and putting them away
- ❖ Carrying a heavy box upstairs or to the other end of the house (hold the box tightly to the chest)



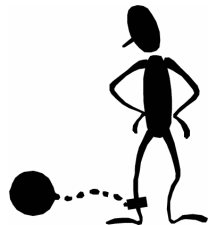
- ❖ Scrubbing the floor on hands and knees



- ❖ Taking out the rubbish
- ❖ Vacuuming or sweeping
- ❖ Moving furniture

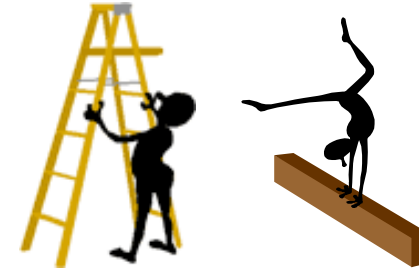
Also

- ❖ Wearing weighted bands on wrists or ankles or a weighted waistcoat for half an hour



Outside Play

- ❖ Garden play equipment that provides heavy work – climbing frame, swinging on monkey bars, jumping on a trampoline or trampette, climbing over tyre inner tubes

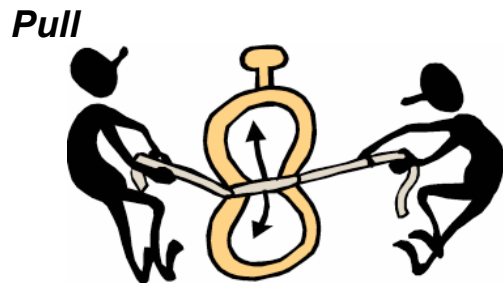


- ❖ Play in a sand tray with heavy wet sand
- ❖ You place a waterbed mattress filled with water on top of a tarpaulin. Have fun jumping on it, pushing with arms or feet.



- ❖ Bicycling
- ❖ Constructing things from wood using a hammer

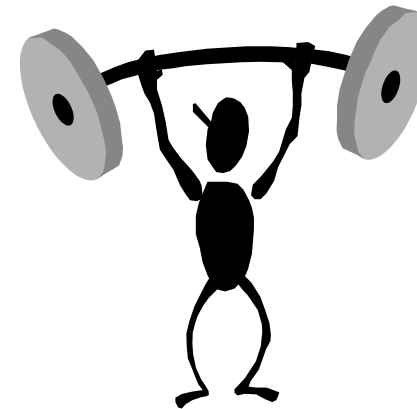




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- Heavy Work -

Activities that promote attention
and focus in active children



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