

FUN

HOMEWORK — ACTIVITIES

"Heavy Work" Gross Motor Activities

(www.sensory-processingdisorder.com)

Carrying objects, such as...

- groceries
- animal backpacks
- kids fanny pack
- stacking or moving chairs/books
- watering can/hose
- baby's diaper bag
- *ANYTHING* with weight to it

**Wearing a weighted vest, weighted hat, or weighted shorts (*please only wear weighted clothing for 20 minutes at a time (20 min on, 20 min off or longer), so the child does not habituate to the input)*

Using a weighted lap pad or weighted blanket

Pushing or pulling objects and activities, such as...

- toy shopping cart
- laundry basket
- kids wagon
- tug of war rope
- super stretchy circle band
- rainbow putty press (flatten putty on wall or desk/table)
- toy vacuum
- mop/sweep floor with a mop, broom and dustpan for kids
- wrestling
- raking leaves, dirt etc. using a kid's wheelbarrow and Brio Garden Tools: rake, spade, shovel and broom
- pushing/pulling self or others on a jumbo scooter board
- Thera-Band
- "push of war" between partners (similar to "tug of war" but with a ball, have to cross over line)
- riding bicycles / scooters
- kids roller blades

Jumping and bouncing on/with items, such as...

- on a trampoline

- on an old mattress or soft area
- into bean bag chairs
- on a therapy ball (with adult assistance)
- on a pogo stick
- moon shoes
- on a hopping ball
- horseback riding
- with a jump rope
- foam hopscotch pads
- ankle twister jump ropes
- floor gymnastics
- hippity hop ball

Whole body movement activities, such as...

- Wheelbarrow walk relays
- Potato sac/jumping bag races
- Lizard crawl (belly on floor, push self with elbows)
- Walking/running/playing in the sand
- Twister
- Swimming

Climbing/hanging on things, such as...

- on jungle gyms
- monkey bars
- jungle climber with swings
- hanging rings and trapeze
- zipline/fun ride trolley
- rock walls
- outside on rocks or trees
- up ladder and/or slide
- climbing rope
- climbing/cargo nets

"Sandwich"/ Squishing activities, such as...

- make a child "sandwich" between floor pillows or cushions
- roll child up in mat or heavy blanket as a "hot dog"
- give child heavy blankets, weighted blankets, or sleeping bags (for children) at bedtime
- bear hugs
- Body Sox™
- firm towel dry after baths, wrap up tightly
- roll on giant gym/exercise ball on top of them while they lay on the floor

Crabwalk (hands and feet on floor, belly up) games, such as...

- relays
- soccer
- volleyball (in crabwalk position kicking balloon with feet in air)

"Heavy Work" Fine Motor/Upper Extremity Activities

Working at vertical surfaces (at/above eye level), such as...

- with tabletop easels
- erasing, coloring on chalkboard
- painting/drawing on adjustable floor easel
- washing windows
- wipe down shower or tub
- paint with water on side of house

Resistive tools or toys, such as...

- clothespins
- spray bottles
- use curvy cut scissors to cut putty, play-doh, thick paper or cardboard
- Play Doh Factory presses and molds
- use rolling pins to flatten cookie dough/play-doh
- color/draw with crayon on textured surface or rubbing plates
- bingo/dot markers
- paper punches
- spray nozzle on garden hose

Fidget or play with stretchy/squishy items, such as...

- Theraputty (hide and seek with coins, tug of war, cut and flatten to make cookies, roll out to make letters, etc.)
- play-doh
- rubber bands
- stress relief balls
- squeeze balls
- "squishies" (fill balloon with flour or sand)

Resistive surfaces, such as...

- sidewalk chalk on driveway/sidewalk/playground
- color pictures taped over sandpaper
- use sanding block to sand wood project
- brush the family dog
- Use weighted pens, pencils or utensils

- *dig and play in sand*

Cooking activities, such as...

- *stirring*
- *pressing*
- *kneading*

"Heavy Work" Oral Motor Activities

Chewy foods such as...

- *dried fruit*
- *gummi bears/worms etc.*
- *licorice*
- *beef jerky*
- *bagels*
- *cheese*
- *granola bars*
- *gum*
- *raisins*
- *taffy*
- *soft pretzels*
- *popcorn*

Resistive sucking using items such as...

- *through thin curly straws/krazy straws*
- *sports bottle with long straw*
- *lollipops*
- *popsicles*
- *drink milkshake with a straw*
- *hard candies*
- *peanut butter*

Blowing activities, such as...

- *wind instruments*
- *bubbles*
- *balloons*
- *whistles/slide whistles*
- *"snake"/blower party favors*
- *make splatter paintings (use thin paint on paper... blow air through a straw and watch the paint move! can also use chocolate pudding thinned with milk on freezer paper)*
- *Blowpens*

- kazoos, whistles, and other noise makers

Movement Activities

Here are some suggestions for more mild movement experiences...

(Always work/consult with a therapist who has been trained in sensory integration theory prior to including intense or spinning/rotary vestibular stimulation in your home program)

- jumpolines, indoor trampolines, water trampolines (for pool or lake), or backyard bouncers, etc. (Check out *The Movement Store* for fun products every kid loves!)
- swings and swingsets
- rocking toys
- ride on toys
- scooter boards
- glider rockers
- seesaws and teeter totters
- therapy balls (bouncing or lying on them with someone helping you)