

# Hard-heavy work ideas for in and around the home



## proprioception

(hard-heavy work)

- joints & muscles
- contributes towards body awareness
- powerful for regulation of emotions
- helps to increase focus & attention

Whilst staying home, managing emotions can be hard sometimes for our children (and us!). Help support them and the whole family with regular hard-heavy work breaks.

Aim for one break every 1-2 hours for a minimum of 5 minutes. This will need to be more frequent and longer in duration for some children. Some may require less breaks. You know your own child



Little Life  
Development  
helping little ones blossom



# Hard-heavy work ideas: in the home

## own body

- \*action songs  
(row row your boat, head  
shoulders knees & toes)**
- \*dancing to music (try  
different styles like  
breakdancing!)**
- \*yoga (cosmic kids etc!)**
- \*animal walking (bear,  
crab, frog)**
- \*push ups. try off of the  
sofa/low bed**
- \*simon says  
(e.g. star jumps etc)**
- \*remote exercises and  
dance classes (e.g. Joe  
Wicks, Oti Mabuse)**
- \*"foot fight"(cycling legs  
with a sibling/parent) Arm  
Wrestle!**
- \*wheelbarrow races if you  
have a long hall/lounge area**

## equipment

- \*laying on tummy on a yoga  
ball/peanut ball- move  
forwards and backwards. or  
stay still bearing weight  
through upper limbs. hold.**
- \* tug of war using a sheet/  
skipping rope**
- \*housework-wipe table,  
hoover, clean windows**
- \*trampette/jump on large  
cushions**
- \*baking- mixing/kneeding/  
rolling**
- \*theraband/exercise band  
activities (place under feet  
and pull & diagonal arm  
stretch etc)**
- \*building a den & carrying  
heavy items to build it (e.g.  
blankets, books etc)**
- \*roll heavy items to each  
other on the floor between  
legs (e.g. tins of beans,  
bottles of water!)**





# Hard-heavy work ideas: outside

## own body

**\*any of the indoor activities from the previous page**

**\*running & walking . Races.**

**\*gymnastics & dancing**

**\*wheelbarrow races. Use as part of an obstacle course**

**\*climbing trees in the garden if you have one; hanging from sturdy branches.**

## equipment

**\*skipping, hula hooping**

**\*target throwing (use a bucket/hula hoop for a target- get creative!)**

**\*Kicking a football or any other sports**

**\*obstacle course (use slides/equipment in garden as well as natural objects e.g. leaves/stones/sticks as marker to go around/jump over/crawl around**

**\*Digging, carrying buckets of soil, pushing a wheelbarrow**

**\*paint the fence with water. Carry the bucket filled with water.**

**\*fill up paddling pool with buckets of water**

**\*use chalk on patio/wall**





# Hard-heavy work: My favourites!



A place to write or draw your favourite hard-heavy work activities. How do they make you feel?

