

## Heavy Work Activities for Teachers

Heavy work activities (like pushing or pulling) provide proprioceptive input. This inner sensory input tells the brain how the muscles and joints are working, which releases feel-good hormones that calm and relax. These activities are great for all kids (and adults!) to help improve focus and attention to task.

- Do chair push-ups, using hands pushing down on seat to push body up off chair
- Squeeze hands into fists, or press hands together hard at the midline of the body, or press down on top of desk in seated or standing
- Press feet into floor either in standing or seated in a chair
- Push against the wall with hands (trying to push the wall down) or with back to wall pushing with legs
- Allow for frequent position changes from working in a chair, like lying on tummy, kneeling on 1 or 2 knees, standing, sitting on floor, hands & knees, etc.
- Do stretches & yoga poses as a class
- Do animal walks (crab walk, bear walk, army crawl) within class or hallways
- Carry/push/pull heavy boxes/baskets/crates/stacks of books, reams of paper, blocks or other heavy items to different areas of your room or in the hall
- Cut out/staple/hole punch items for the classroom from thick material like thick paper, cardboard or oak tag
- Sharpen pencils with a manual sharpener
- Climb on playground equipment
- Stack chairs/place on desks or on floor
- Erase/wash chalk/dry erase board
- Wash desks/chairs
- Rearrange desks in the classroom
- Open doors for people
- Help the janitor with emptying wastebaskets, mopping the floor, etc.
- Help the gym teacher move mats, hang them up, wash them, etc.
- Chewy food breaks with licorice, gummy bears/worms, gum, beef jerky, raisins, fruit leathers, Fruit Roll-ups, Starburst or Tootsie Rolls
- Crunchy food breaks with dry cereal, raw fruits/vegetables, pretzels or popcorn
- Suck on hard candy or drink through a straw