

HEAVY WORK ACTIVITIES FOR TODDLERS

- Jump on a trampoline
- Push or pull boxes or baskets with heavy materials
- Jump on couch cushions or pillows
- Carry large cushions or pillows
- Fill a pillowcase with stuffed animals. Carry or push up an incline or set of stairs.
- Perform household tasks such as vacuuming, sweeping, scrubbing, or dusting.
- Pull a heavy wagon
- Push large cars or trucks
- Push a doll stroller or grocery cart full of objects
- Play in a sandbox with damp, heavy sand
- Drink thick liquids through a straw
- Eat crunchy foods
- Help wash the car
- Fill a wheeled suitcase with heavy materials and push or pull suitcase
- Climb playground equipment
- Play outside — encourage running and jumping
- Bounce or roll a heavy ball
- Do animal walks (crab walk, bear walk, army crawl, snake crawl)
- Help in the kitchen — stir thick batter, knead dough, etc.
- Pour sand, beans, or other dry materials between containers
- Smash and squeeze play dough

Heavy Work Activities for Kids

<http://www.andnextcomesL.com>

AT HOME

- Carry groceries into house
- Carry a laundry basket full of clothes
- Build a fort
- Move garbage or recycling bins to the curb
- Make the bed
- Do outdoor chores
- Do indoor chores
- Load/unload dishwasher
- Push or move furniture
- Sort recycling
- Water plants with a watering can
- Stack chairs
- Wash the car
- Remove couch cushions and put them back
- Fill a pillowcase or bag with stuffed animals
- Move or build with real tools
- Give the dog a bath
- Carry a small pet
- Drink thick liquids through a straw
- Clean windows
- Have a pillow fight
- Push chairs in at the table
- Push or pull boxes filled with toys or books
- Stuff pillowcases
- Stuff duvet into a duvet cover
- Empty garbage can
- Pull laundry out of washer or dryer
- Climb a chair or couch
- Make an obstacle course
- Stack and unstack cans or boxes of food

Heavy Work Activities for Kids

<http://www.andnextcomesL.com>

AT SCHOOL

- Erase chalkboards or whiteboards
- Sharpen pencils with a manual pencil sharpener
- Fill plastic crates with books to take to other classrooms
- Stack chairs
- Move packs of paper for the printer/photocopier
- Staple paper, especially onto bulletin boards
- Take down chairs at the beginning of the day
- Place chairs on desks at the end of the day
- Rearrange desks or furniture in the classroom
- Help the gym teacher move mats, hang them up, etc.
- Ride a scooter board around the hallway
- Carry books with both hands, hugging tight to chest
- Open and hold doors for people
- Help the janitor or caretaker empty garbage cans, recycling, mopping, sweeping, etc.
- Climb on playground equipment

Heavy Work Activities for Kids

<http://www.andnextcomesL.com>

INDOOR CHORES

- Pull laundry out of the washer &/or dryer
- Carry large bottles, boxes, etc. & sort recycling
- Carry groceries &/or shopping bags
- Load or unload the dishwasher
- Staple paper together
- Use a paper punch or hole punch to make confetti out of paper
- Rip paper or cardboard
- Push a shopping cart
- Vacuum
- Sweep or mop the floor
- Return library books
- Push, drag, or move furniture

OUTDOOR CHORES

- Shovel snow
- Rake the leaves
- Gather firewood
- Mow the grass
- Move garbage &/or recycling bins to the curb
- Push, move, or carry large rocks
- Push a wheelbarrow

Heavy Work Activities for Kids

<http://www.andnextcomesL.com>

PLAY TIME ACTIVITIES

- Climb a tree
- Push someone on a swing
- Play on a teeter totter or seesaw
- Build a fort
- Obstacle course
- Animal walks
- Pillow fight
- Pull a wagon or sled filled with objects or with a person in it
- Play catch with bean bags
- Play catch with a large ball
- Climb up a slide
- Monkey bars
- Climb at the playground
- Hang &/or swing on a bar at the park
- Crawl backwards using hands
- Carry bean bags
- Climb a chair or couch
- Carry a pile of books
- Push a bobo doll or punching bag
- Play statue
- Carry a bucket of water or sand
- Play tug of war
- Wheelbarrow walking
- Resistance cycling
- Push a door
- Army crawl
- Hand pushing game
- Dig in the dirt, garden, or sandbox
- Do pushups
- Squish, knead, and play with play dough or silly putty
- Ride a scooter board on your tummy and use hands to move