



Heavy Work Activities for Teens and Older Children at School

- Put a tennis ball on the end of a broomstick and have the kids use it to scrub the scuff marks off of the linoleum.
- Carry a milk crate full of books to the library and switch it out for other books.
- Clean the whiteboards: multistep task using three different colored cloths (1) first make vertical motions with the red cloth, (2) go over the board again with the blue cloth in horizontal movements, and (3) spray the board and wipe it with the white cloth using a circular motion.
- Walk to each classroom to collect the lunch orders each morning.
- Water person: carry everyone's water bottles in a backpack out to the playground and back.
- Working out in the weight room.
- Jumping on the pad near the pole vault.
- Rolling/throwing medicine ball in gym.
- Using the stationary bike.
- Wall push-ups.



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- Push-ups, sit ups, pull-ups, straight arm hanging from a bar.
- Pushing cart with basketballs in gym.
- Pushing football tackling trainer blocking sled.
- Wearing ankle weights or weights on wrists.
- Theraband on legs of chair at desk.
- Jumping on trampoline.
- Carrying backpack with books from class to class.
- Helping janitors clean the cafeteria and move the tables.
- Stacking supplies on shelves (toilet paper/paper towels/canned/bottled food & juice), some wear wrist weights/forearm weights to increase body awareness and resistance.
- Cleaning/rearranging therapy equipment including bolsters, mats, tables, and chairs.
- Gardening: digging/moving dirt and shrubs in wheelbarrows 12. Pushing the lunch cart.
- Stacking chairs after auditorium programming.
- Pulling wagons.
- Stacking/organizing catalogs and magazines.