



HEAVY WORK IDEAS

Babies

- Tummy time
- Massage
- Swaddling (safely)
- Baby wearing
- Crawling
- Big hugs
- Nursing / pacifier / bottle

Toddlers

- Jumping / Crashing
- Swimming
- Biking / Scootering
- Crawling
- Obstacle Courses / Hanging
- Pushing / Pulling laundry basket
- Stomping
- Rock Climbing
- Lap Pad
- Compression clothing
- Swimming

Children

- Carrying a Heavy Backpack
- Animal walks
- Climbing up the slide / Rock wall
- Jumping on the Trampoline
- Weighted vest
- Compression clothes
- Chewing gum
- Crunchy or chewy snacks
- Drinking from a straw
- Body sock
- Push hands together
- Bouncy band on chair

Adults

- Working out
- Lifting weights
- Chewing gum
- Crunchy snacks
- Deep breathing
- Chair / wall push ups
- Massage / Hugs
- Lean against the wall
- Yoga
- Walking
- Bean bag
- Dots and squeezes on hands and arms