

Heavy work to help children to remain calm

- Pushing or pulling boxes with toys/books in
 - Help to move furniture
 - Opening doors
 - Cleaning surfaces
- Carrying beanbags on heads or shoulders across room
 - Squeeze toys
 - Push against a wall
 - Lie on back with legs against the wall
- Fill up trucks with heavy blocks to push
 - Floor activities on hands and knees
 - Playing catch with a heavy ball
 - Playing with damp sand
- Animal walks e.g. bear, crab and army crawls
 - Help to put out equipment
 - Running and jumping
 - Obstacle course