

# Sensory Diet Ideas for "Heavy Jobs" at Home

Adapted from "Tools for Parents" by Diana Henry, MS, OTR/L

Heavy jobs are activities that involve pushing, pulling or carrying. These activities involve heavy muscle work that helps to develop coordination, promote attention, focus and calmness. There are many activities at home that can help you complete a Sensory Diet proactively using "heavy jobs".

## CHORES

Inside:	Outside:
<ul style="list-style-type: none"> <li>• Carrying groceries, putting items away in high and low places</li> <li>• Vacuuming</li> <li>• Mopping or sweeping the floor</li> <li>• Dusting</li> <li>• Cleaning windows with a spray bottle</li> <li>• Carry laundry basket, put away clothes</li> <li>• Help re-arrange furniture</li> </ul>	<ul style="list-style-type: none"> <li>• Yard work (raking, shoveling)</li> <li>• Carrying buckets for watering</li> <li>• Pull/push garbage or recycling can</li> <li>• Stacking/moving patio furniture</li> <li>• Help wash the car</li> <li>• Wood projects requiring sanding and hammering</li> </ul>

## PLAY TIME

Inside:	Outside:
<ul style="list-style-type: none"> <li>• Push/pull/carry box of toys/books</li> <li>• Crawling activities - playing cars, tunnels</li> <li>• Row, Row, Row Your Boat - pushing/pulling with sibling or adult</li> <li>• Magic carpet - pulling a friend on a blanket</li> <li>• Bouncing on mini trampoline</li> <li>• Pull off couch cushions/pillows to jump, crash or hide in - pull/carry cushions up the stairs</li> <li>• Sandwich game - squishing under cushions, pillows, blankets</li> <li>• Army crawl or animal walks</li> <li>• Hot dog rolling</li> </ul>	<ul style="list-style-type: none"> <li>• Climbing on any playground equipment</li> <li>• Pushing big toy trucks filled with blocks, rocks, knock things down with truck</li> <li>• Sandbox - digging in damp, heavy sand</li> <li>• Sidewalk chalk on hands and knees</li> <li>• Playing with inner tubes - jumping in and out, walking along edge</li> <li>• Play catch with heavy ball</li> <li>• Tug of war</li> <li>• Roll down hill, climbing up hill</li> <li>• Community activities like gymnastics, karate, horseback riding, climbing walls</li> </ul>

## MEAL TIME

<ul style="list-style-type: none"> <li>• Mixing/kneading dough</li> <li>• Push/pull chairs in/out of table</li> <li>• Help set, clear and wipe the table</li> <li>• Squeezing sponges in dishwasher</li> <li>• Sip applesauce or thick milkshake through a straw</li> </ul>
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## TRANSITIONS

<ul style="list-style-type: none"> <li>• Opening and closing heavy doors</li> <li>• Carrying groceries into the house</li> <li>• Pulling suitcase on wheels</li> <li>• Transition objects - carrying something to next activity or room</li> <li>• Army crawl/animal walk/roll to another room</li> </ul>
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## BED TIME

<ul style="list-style-type: none"> <li>• Carry extra blankets/pillow to the bedroom</li> <li>• Wear tight flannel or soft pajamas</li> <li>• Build a fort before bed</li> <li>• Hot dog roll in blankets</li> <li>• Big hugs, massage</li> <li>• Tuck in bed tight</li> <li>• Add heavy blankets</li> </ul>
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## BATH TIME

<ul style="list-style-type: none"> <li>• Carry stack of towels</li> <li>• Rub briskly with large heavy towel, firmly squeezing muscles</li> <li>• Hot dog roll in blanket, provide deep pressure to arms/legs to put "condiments" on</li> <li>• Pour water with plastic containers in tub</li> </ul>
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