

## Heavy work jobs for the classroom

We acknowledge that sometimes sensory diets and special equipment can be difficult to implement into a classroom when you have set class routine and when there are many other students to consider. The following is a list of ways you can include heavy work and movement into daily activities:

Give the child a special job such as:

- Stacking/un-stacking chairs in the morning/end of the day
- Handing out the reading books and workbooks
- Taking messages to the office/another class
- Carry a bag of books during the transition to the library
- Bring the basket of lunch orders to the class from the canteen or the water bottles in a basket to P.E.
- Help pack away sports equipment for another class or your own
- Cleaning the blackboard
- Wiping tables
- Standing up and walking to the board to point out an answer rather than just calling out.
- Put an extra book or drink bottle in their bag to carry to/from school

Try tying some elastic or balloon like rubber around the legs of the child's chair so the child can kick against that instead of the furniture. Tying something that provides resistance will make it heavy work.

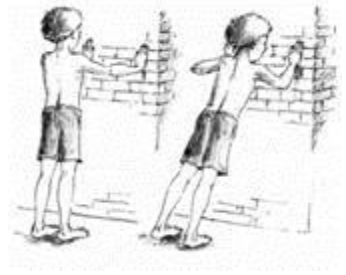
Animal walks when transitioning from the floor to the desks or to another area in the school. Try frog jumps, duck waddles, kangaroo jumps, crab walks etc.



Hand warm ups before handwriting:

- Sitting on Hands: With palms on the chair seat. Count to 5.
- Chair Press Ups: Whilst sitting on hands with elbows slightly bent, try to push body up. 8 times if you can.
- Chair pull downs: sit on chair with hands down on either side and place fingers over the sides of the chair. Pull really hard like you are trying to pull yourself into the chair. Count to 3 and release. Do 5 times.
- Head Presses – place both hands on top of your head and push down (keep your neck straight) for the count of 3. Do 5 times.

- Wall push ups – Standing in front of the wall – push with your palms against the wall as if you are trying to push the wall down. Do 10 times. Keep your body straight like the picture



- Rubbing Hands Together Vigorously: Like washing hands thoroughly, rubbing outside and inside of hand. Make your hand feel hot. Count to 10.
- Rubbing vigorously up and down one arm using the other hand: make your arm and your hand feel warm. Count to 10.
- Pressing Hands Down on Desk: Standing up and pushing down forcefully on the desk, as if you are trying to push the table into the floor. Count to 10.
- Squeezing Thumbs: Using a clenched fist around your own/partners thumb, then squeeze tight (should not hurt). Take turns.
- Any Clapping Games: Tied in with spelling or numeracy exercises. Clap alone, or with a partner, or alternate between desk and own hands or a partner's hands.
- Finger Tip Tapping: Alternately tap each fingertip on the table, like playing the piano.
- Pushing and Pulling Fingers: Gently at finger joints. This should not hurt. Count to 10.
- Hands Spans: Spreading and closing Fingers. Do 10 times on each hand.
- Squeezing a soft (stress) ball. Alternate between hands, this can be done while sitting on the mat or while reading a book. They can be purchased from most toy shops.

If you're looking for some more movement, Gen Jereb has some great sensory CD's of songs with actions (proprioceptive and vestibular) for the class to learn for an event like an assembly or to use in transitions. [www.sensorytools.net](http://www.sensorytools.net)

If you have any questions, or would like further ideas that are more game based, please contact the OT department at Royal Far West.

**Reference:** Diana Henry, Tool chest for students' manual, 2011.