



## TWIN FALLS

254 River Vista Place  
(208) 734-7333

## BURLEY

1259 Overland Ave  
(208) 647-0184

## BELLEVUE

733 N. Main Street  
Suite E  
(208) 788-0777

Physical,  
Occupational,  
&  
Speech  
Therapy

*providing  
one-on-one  
individualized care  
for adult and pediatric  
clients*

# Heavy Work Activities for Parents

- Carry heavy items (baskets, groceries, backpack)
- Push or pull laundry basket filled with toys or siblings
- Pillow cases filled with animals, pushing up stairs, pulling down stairs
- Children play tug of war with jump rope
- Animal walks (bear, crab, army crawl, dino)
- Play catch with a heavy ball
- Bounce on hippity hop balls/trampolines
- Take cushions off couch to jump on, climb on, climb under or sandwich them
- Wall push ups (“the room feels small this morning, can you help me make it bigger?”)
- Fill up big toy trucks with heavy blocks and knock things over
- Pull other kids around on a sheet or blanket
- Hold open doors (heavy doors)
- Stress balls or stuffed animals kids can squeeze at desk for input
- House work (vacuum, moving furniture to vacuum around)
- Shovel outside (snow, dirt, sand)
- Fall into beanbag chairs
- Scooter board/skateboard activities
- Bean bag chairs for reading time, indep time.
- Use heavy quilts at night/tight pajamas
- After bath deep massage/rub down with towels and lotion
- Fill child’s suit case and let them pull it around
- Child help rearrange bedroom furniture.
- “hot dog” game where child lies across end of a blanket and is rolled up (deep pressure)
- Play wrestling (have rules)
- Tug of war
- Row row row your boat



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