



## BLANKET SHAKES

You and your child each hold opposite ends of a blanket. Shake the blanket together to create waves or bounce a stuffed animal.

This provides strong proprioceptive input through the arms and shoulders.



## OBSTACLE COURSES

Create simple courses that include:

- crawling under chairs or tables
- jumping over pillows
- pushing a laundry basket
- pulling a toy bin or wagon

Obstacle courses combine multiple heavy work movements in one activity.

01.

02.

# 4 PRE-BED TIME HEAVY WORK ACTIVITIES



## ANIMAL WALKS

Try:

- Bunny hops
- Bear crawls
- Crab walks
- Frog jumps

Turn it into an animal parade across the room for extra fun.

04.

03.



## JUMP + CRASH

Create a soft crash zone using:

- couch cushions
- pillows
- bean bags
- comforters

Have your child jump and crash into the soft pile.

This is a great way to release energy and provide calming sensory input.

## Heavy work can help children:

- Feel calmer and more organized
- Improve focus and attention
  - Release extra energy
- Wind down before bedtime

