

Heavy work is any type of activity that pushes or pulls against the body. Heavy work activities help build up our strength and joint stability, however they also have the benefit of improving our focus and concentration as they activate our proprioceptors which are found in our joints and muscles. Proprioceptors give the brain information about how our body is connected and when this system gets lots of input and works efficiently, our brain is more organized and is able to focus on the task at hand.

Heavy Work Activities



Swimming



Archery



Skating



Bike Riding



Monkey Bars



House Work



Pushing Wheelbarrow



Digging



Jump Rope



Ball Sports



Tennis



Tug-of-War



Netball



Yoga



Pushing Shopping



Exercise Ball



Basketball



Hula Hoop



Throw & Catch



Helping in Kitchen



Trampoline



Wheelbarrow Walks