



Sensory & Movement Activities

In the Classroom

Heavy Work Activities

- Erase or wash chalkboard
- Wash desks or tabletops
- Carry a box of books
- Push or stack chairs
- Rearrange bookshelves
- Open doors for others
- Staple paper onto bulletin board
- Sharpen pencils with manual sharpener
- Wear heavy backpack
- Move trash can to another location
- Carry basket of items
- Make deliveries to the office
- Squeeze stress balls or fidget toys
- Cut heavy paper or cardboard with scissors



Take movement or stretch breaks throughout the day

Ask your school's OT for equipment to try such as a weighted vest or ball chair

Weight Bearing Activities

- ☺ Chair push ups
- ☺ Push on desktop or table top
- ☺ Wall push ups
- ☺ Wheelbarrow walk
- ☺ Crab walk
- ☺ Spider walk
- ☺ Wall slides
- ☺ Crush paper into a tight ball
- ☺ Bounce on a therapy ball
- ☺ Jump on a mini-trampoline

Movement Activities

- Sit in a rocking chair when reading or during floor time
- Sit on an inflated air cushion placed on a chair or floor
- Hand out papers and materials for the teacher
- Push your feet into theraband placed around chair legs
- Do head, neck and shoulder rolls while sitting
- Take a stretch break after sitting for a long time
- Breath deeply— in through your nose/out through your mouth

Keep your mouth working hard with these mouth tools:

- ☺ Chew straws or coffee stirrers
 - ☺ Chew on gum or, if allowed
 - ☺ Chew on fish tank tubing
 - ☺ Chew on licorice or twizzlers
 - ☺ Sip water through a sports bottle
 - ☺ Suck on hard candy or lollipops
 - ☺ Such applesauce through a straw
 - ☺ Eat crunchy foods— Dutch pretzels or carrots
 - ☺ Mints make us more alert!
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25 Heavy Work Activities

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for small spaces

- Massages
- Bear hugs
- Play with a Body Sock
- Yoga Poses
- Pulling resistance bands with hands
- Playing passing games with weighted stuffed animals
- Weighted sensory bottles
- Animal walks
- Wall pushes
- Chair dips
- Tossing and catching heavy bean bags
- Boxing with boxing gloves against a mat or bolster
- Roll a therapy ball up and down the wall
- Squeezing putty or play dough
- Playing tug of war with Pop Toobs
- Tearing paper (especially heavier card stock)
- Crumpling paper and shooting into a garbage can
- Pushing and pulling Squigz
- Cooking activities (e.g. kneading, stirring thick dough)
- Stepping up onto a chair or bench and jumping down (with close supervision!)
- Squeezing sensory balloons (filled with dry beans, dry rice, or play dough)
- Digging in a tactile bin of wet sand or Kinetic Sand
- Writing on and then wiping off or erasing a dry erase board
- Pushing feet against resistance band tied to the legs of a desk
- Wall sits