

# Heavy Work

Outdoor play as a means to self regulation



What is Heavy Work? Heavy work is any activity that requires muscle effort that sends pressure to the muscles and joints. Examples are pulling, pushing, carrying and jumping!

Why do Heavy Work? Heavy work can be organizing and calming for children. Heavy work can help children regulate so they are ready to learn and focus!



Learn More About  
Heavy Work

## Heavy work Outside!



Push & pull  
wheelbarrows



Using  
shovels



Climb &  
hang from  
the tree



Jumping



Carry &  
move big  
sticks and  
rocks



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