

Proprioceptive Activities/ Heavy Work

When should activities be done? 3 times a week, preferably prior to table-top activities.

Precautions/ Reminders: Please make sure the student has a firm grip of object/bag. Objects that up to 5lbs for elementary and up to 10 lbs for HS students.

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|--------------------------|---|
| <input type="checkbox"/> | Carry grocery bags |
| <input type="checkbox"/> | Carry, push or pull full laundry baskets |
| <input type="checkbox"/> | Carry heavy books and place on shelves |
| <input type="checkbox"/> | Push and steer grocery cart at store |
| <input type="checkbox"/> | Push and steer a child in a stroller |
| <input type="checkbox"/> | Push/pull furniture to clean under or rearrange room |
| <input type="checkbox"/> | Push wheelbarrow full of dirt, leaves, or sticks, etc. |
| <input type="checkbox"/> | Pull a loaded wagon |
| <input type="checkbox"/> | Pull full backpack on wheels, suitcase on wheels or trash can on wheels |
| <input type="checkbox"/> | Push/pull doors and push revolving doors |
| <input type="checkbox"/> | Other: |

Student:

Therapist: D. Libman

Date:

Comments: _____

