

HEAVY JOBS

FOR KIDS

HEAVY JOBS (OR HEAVY WORK) CAN HELP KIDS:

- BUILD STRENGTH AND COORDINATION
- PROMOTE ATTENTION, FOCUS AND CALMNESS
- MEET THEIR UNIQUE SENSORY NEEDS

THE GOAL IS TO FIND 'JOBS' THAT YOUR CHILD ENJOYS DOING! HERE ARE SOME OPTIONS TO TRY:

INSIDE:



PUSHING CHAIRS
UNDER A TABLE



SWEEPING &
MOPPING



CLEANING A TABLE,
SURFACES & WINDOWS

OUTSIDE:



CARRYING A
BUCKET



TAKING OUT
THE GARBAGE



OPENING & CLOSING
HEAVY DOORS

PLAY TIME:



ARMY (COMMANDO)
CRAWLING



PILLOW FIGHT



ROCKING & SINGING ROW,
ROW, ROW YOUR BOAT