

# Heavy Work Activities for Kids

<http://www.andnextcomesL.com>

## PLAY TIME ACTIVITIES

- Climb a tree
- Push someone on a swing
- Play on a teeter totter or seesaw
- Build a fort
- Obstacle course
- Animal walks
- Pillow fight
- Pull a wagon or sled filled with objects or with a person in it
- Play catch with bean bags
- Play catch with a large ball
- Climb up a slide
- Monkey bars
- Climb at the playground
- Hang &/or swing on a bar at the park
- Crawl backwards using hands
- Carry bean bags
- Climb a chair or couch
- Carry a pile of books
- Push a bobo doll or punching bag
- Play statue
- Carry a bucket of water or sand
- Play tug of war
- Wheelbarrow walking
- Resistance cycling
- Push a door
- Army crawl
- Hand pushing game
- Dig in the dirt, garden, or sandbox
- Do pushups
- Squish, knead, and play with play dough or silly putty
- Ride a scooter board on your tummy and use hands to move

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## INDOOR CHORES

- Pull laundry out of the washer &/or dryer
- Carry large bottles, boxes, etc. & sort recycling
- Carry groceries &/or shopping bags
- Load or unload the dishwasher
- Staple paper together
- Use a paper punch or hole punch to make confetti out of paper
- Rip paper or cardboard
- Push a shopping cart
- Vacuum
- Sweep or mop the floor
- Return library books
- Push, drag, or move furniture

## OUTDOOR CHORES

- Shovel snow
- Rake the leaves
- Gather firewood
- Mow the grass
- Move garbage &/or recycling bins to the curb
- Push, move, or carry large rocks
- Push a wheelbarrow