

# HEAVY WORK ACTIVITIES



**Carry Heavy  
Items**



**Climbing  
Activities**



**Swing In The  
Playground**



**Push a heavy  
trash can**



**Mop/Sweep  
The Floor**



**Carry Heavy  
Books**



**Bath The Dog**



**Clean/Erase  
Board**



**Yard  
Work**



**Water  
Plants**



**Squeeze toy  
sensory fidgets**



**Carry  
Laundry Basket**

**Acuity Behavior Solutions**

**714-696-2862**

[www.acuitybehaviorsolutions.com](http://www.acuitybehaviorsolutions.com)



We provide Applied Behavior Analysis for children with Autism and other developmental disabilities, therapy that teaches children a variety of communication, social, behavioral, and life skills. Copyright Acuity Behavior Solutions 2023.

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