

# Heavy Work/Deep Pressure Input Activities

1. Squat to Stand: Put toys on the floor and have your child put items in a basket or a cart.
2. Push or pull a wagon, cart or laundry basket weighted with books or toys. Pull a sheet or blanket across the room with toys, books or a sibling riding on it.
3. Weigh down hollow toys, bottles, etc., with sand or beans. Use empty ketchup, dish soap, etc. bottles to use for pretend play.  
\*\*\*Make sure to seal with super glue for safety.
4. Squeezing: Play Dough, cookie or bread dough (i.e. squeeze, roll, pinch, pull, shape)
5. Have your child help get dinner table ready by pushing chairs to table, carrying non-breakable items to table.
6. Crawling/climbing: Use couch cushions/pillows/blankets/sheets for crawling and climbing. Create obstacle course with climbing, crawling, scooting.
7. Roll your child up like a “burrito” or a “hot dog” in a blanket or sheet.
8. Create a quiet corner or “hide-out” with blankets/pillows/sheets for your child to go. If possible, make a tent or fort to block out visual distractions.
9. Joint compressions at diaper changes and dressing/undressing, with or without lotion
10. Having your child sit in your lap during books, songs, and activities provides deep pressure and provides increased body awareness



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