

Pocket Heavy Work Cards: Quick Parent Guide

Dr Dewi Griffith | EarlyChildhoodEduNet

How to Prepare

- **Print on thick matte card (200 to 250 gsm) to cut down harsh lighting glare.**
- **Cut along the soft guidelines. If laminating, always snip off sharp 90-degree corners into smooth curves.**
- **Punch a hole in the top corner and link the cards on a lightweight binder ring for the hallway, pram, or car.**

When and How to Offer a Card

- **Use during the 3 PM crash, when energy gets scattered, or when a child starts bumping into walls and furniture.**
- **Do not command your child to do an exercise. Crouch down, hold out two cards, and let them pick: "Shall we walk like heavy bears or tuck like quiet turtles?"**
- **Join in on the rug. Pushing against the wall or crawling like crabs together coregulates their nervous system through your own grounded body.**
- **Finish with the Quiet Palm Press to let their breathing settle before heading back into the room.**

Safety Note:

Always clear the rug of sharp toys or slippery socks before jumping or bear walks. Supervise children closely on hard floors.

Bear Walk



**"Heavy paws
pressing the rug"**

Crab Crawl



**"Strong tummy,
looking ahead"**

Wall Push



**"Push the strong
wall away"**

Turtle Tuck



**"Curled up cosy in
my shell"**

Kangaroo Hop



**"Spring up, land
softly"**

Quiet Palm Press



**"Press palms,
steady breath"**