Heavy Work Audit

Notice where heavy work already fits into your day, and where it could.

1 Push and pull

- [ ] Laundry basket push
- [ ] Carry the shopping
- [ ] Drag the recycling box
- [ ] Wall push for five
- [ ] Scarf tug of war
- [ ] Our idea: _____

2 Crash and move

- [ ] Cushion crash pile
- [ ] Bear walk
- [ ] Crab walk
- [ ] Digging in sand or soil
- [ ] Playground climbing
- [ ] Our idea: _____

3 Chew and squeeze

- [ ] Age safe crunchy snack
- [ ] Thick drink with a straw
- [ ] Firm playdough
- [ ] Cushion squish, back only
- [ ] A firm hug, if wanted
- [ ] Our idea: _____

Check first: Soft landing? · Corners clear? · Loads light? · Adult close?