



## Just a few more weeks of cold weather! Here are more Indoor Activity ideas!

Activities that provide heavy work (proprioception) are great for keeping the kids regulated.

Adapt these activities for any age so that your child can: push, pull, tug, lug, mush, mash, squish, drag, squeeze, jump, crash....



### Build a Fort

Kids are still feeling the stress of being inside. Possible signs of this stress: meltdowns, stomach or headaches, or just plain irritable. Creating a cozy spot is great for the kids to settle down. Building a fort provides great heavy work opportunities - moving furniture, carrying the bedding, lifting, pulling, pushing, tucking, etc. are all great input!



### Indoor Obstacle Course

Create an obstacle course with steps like jumping over a pillow, crawling under a row of chairs, catching a weighted ball, or tossing balled up socks to a target or into a laundry basket. **Feeling stuck for steps?** Find objects to go over, under, around, and through. Make sure your child helps to set-up and clean-up for extra heavy work input.



### Use Those Arms!

Wall Push-ups: Start with 10 and see if your child wants to do more. Young children can help “make the rooms bigger” by pushing on the walls.

Move Heavy Objects: push, pull, or carry... just use those arms! For young children, carry the gallon of milk, push the laundry basket down the hall, or move toys from one spot to another by pulling them on a blanket.



### Mini-Trampoline



### Animal Walks (crab, flamingo, snake)



### Chores, chores, and more chores! Great heavy muscle work for all ages!