**Classroom Heavy Work Jobs**

Heavy work means moving the body against gravity and involves pushing, pulling, carrying and weight bearing. These activities provide ***proprioceptive input*** *(which is basically our sense of body awareness)* through the stimulation of muscles and joints.

**Proprioception input has a calming, regulating and organizing effect on our body**. Therefore, proactively providing children with proprioceptive input throughout the school day can assist in helping them maintain an optimal state alertness for learning and focused attention. It can calm someone who tends to get overwhelmed with sensory information (noise, visual etc) and it can also alert someone who tends to underreact to sensory information.

Give daily jobs to all students in the classroom so that participation becomes routine and expected. Ensure that students with sensory needs are assigned a heavy work job regularly throughout the day.

**Classroom Job Ideas**

* Wipe and clean whiteboards
* Water plants with watering can
* Sharpen pencils with a manual sharpener
* Carry garbage/recycling bin around the classroom to collect scraps
* Staple papers or staple items on bulletin board
* Carry stack of books from/back to the library
* Stack/unstack chairs
* Collect and carry recycling bins
* Move furniture around
* Wipe desks after snack/lunch
* Sweep the floor
* Open and hold door for others
* Carry snack/milk crate
* Hole-punch papers
* Carry attendance sheet to the office (place it in a heavy binder)