

Heavy Work Activities for Kids

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AT HOME

- Carry groceries into house
- Carry a laundry basket full of clothes
- Build a fort
- Move garbage or recycling bins to the curb
- Make the bed
- Do outdoor chores
- Do indoor chores
- Load/unload dishwasher
- Push or move furniture
- Sort recycling
- Water plants with a watering can
- Stack chairs
- Wash the car
- Remove couch cushions and put them back
- Fill a pillowcase or bag with stuffed animals
- Move or build with real tools
- Give the dog a bath
- Carry a small pet
- Drink thick liquids through a straw
- Clean windows
- Have a pillow fight
- Push chairs in at the table
- Push or pull boxes filled with toys or books
- Stuff pillowcases
- Stuff duvet into a duvet cover
- Empty garbage can
- Pull laundry out of washer or dryer
- Climb a chair or couch
- Make an obstacle course
- Stack and unstack cans or boxes of food