

Heavy Work Cards

created by



wall push-ups



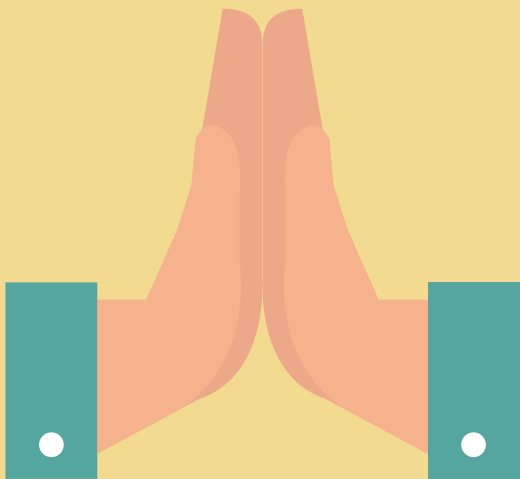
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kangaroo hops



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squish palms



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big hug



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kangaroo hops



Jump forward as far as you can while keeping your feet together.

wall push-ups



Place your hands flat against a wall and plant your feet on the floor. Push your body away from the wall 10 times like you're doing push-ups.

big hug



Grab your opposite arm with each of your hands and squeeze your body like you're giving yourself a big hug for 10 seconds.

squish palms



Put your palms together in front of your chest and push them together as hard as you can for 5 seconds.

laundry
basket push



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book haul



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carry box
of cans



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playdough
pizza



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book haul

Carry 3 big books in your arms while singing "Happy Birthday."

laundry basket push

Take 20 steps while pushing a full laundry basket.

playdough pizza

Knead, squish, and roll a ball of playdough with your hands and a rolling pin to make a pretend pizza.

carry box of cans

Load a small box with canned foods and carry it 10 steps. The box should feel a little heavy, but not too heavy!

table scrub

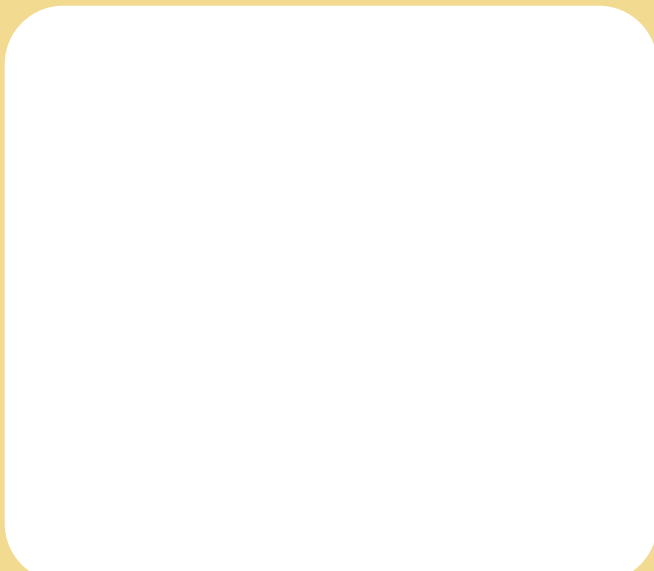


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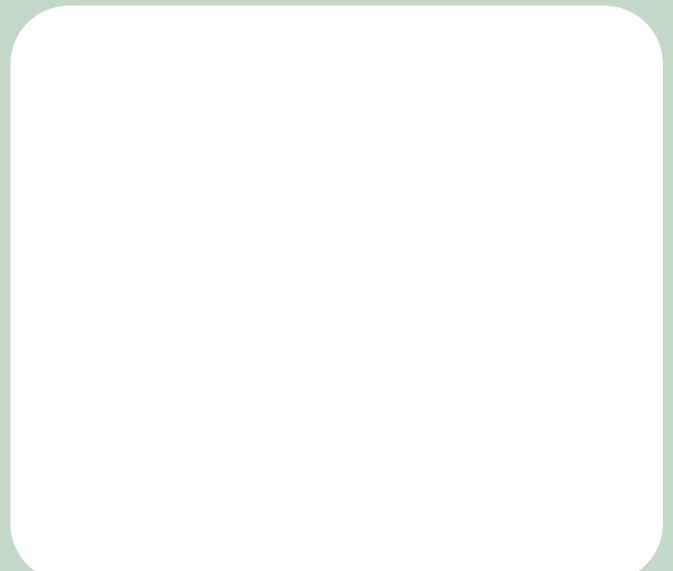
crab walk



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crab walk



Sit on the floor with your feet in front and hands behind you. Push off your hands and feet to lift your hips up. Crawl backwards in this position for 20 seconds.

table scrub



Scrub a table with a wet sponge and dry it with a clean towel.

