

Acorns 'Readiness To Learn' Programme

Heavy Work

What is it?

Heavy work is activity that requires effort from our muscles and these tasks usually involve pushing or pulling or lifting. The movement activities create resistance input to the muscles and this feedback is ultimately what calms and regulates the sensory system.

The sensory system that is activated during heavy work activities is called the proprioceptive system.

Heavy work tasks provide proprioceptive input through the muscles and joints

You can increase energy levels if you need to and you can reduce high energy levels to help children reach a calm, comfortable space to interact with the world.

Who is it for?

Everybody needs heavy work, some more than others. If pupils are struggling with sensory processing, incorporating more heavy work in their day would help.

Like most things in life, each person's need for heavy work will vary. Some children may need really heavy input, while others require less intense input. And this may vary from day to day

Heavy work activities are about finding right amount of input for each person.

What benefit/impact?

By working with the proprioceptive system you can even out disturbances in other sensory systems. You can increase energy levels if you need to and you can reduce high energy levels to help children reach a calm, comfortable space to interact with the world.

Heavy work / proprioceptive input can increase focus and attention. With the right sensory input, children are able to sit still longer because they feel grounded and know where they are.

Therefore improve pupils "**readiness to learn**" as they are calmer and more able to focus their attention.