

Heavy Work Activities for Kids

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AT SCHOOL

- Erase chalkboards or whiteboards
- Sharpen pencils with a manual pencil sharpener
- Fill plastic crates with books to take to other classrooms
- Stack chairs
- Move packs of paper for the printer/photocopier
- Staple paper, especially onto bulletin boards
- Take down chairs at the beginning of the day
- Place chairs on desks at the end of the day
- Rearrange desks or furniture in the classroom
- Help the gym teacher move mats, hang them up, etc.
- Ride a scooter board around the hallway
- Carry books with both hands, hugging tight to chest
- Open and hold doors for people
- Help the janitor or caretaker empty garbage cans, recycling, mopping, sweeping, etc.
- Climb on playground equipment