SENSORY AND EMOTIONAL REGULATION

Heavy Work and Movement Activity Cards

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Printable idea cards for short movement or “heavy work” activities that some people find regulating.

This is general information, not occupational therapy, medical or mental-health advice. If a child has a sensory programme from a professional, follow that first. Stop any activity that causes pain, dizziness, distress, or seems unsafe. Choose only activities that are safe and suitable for this person. This is not an exercise prescription.

Who this is for

Families and settings looking for a small, adaptable menu of movement ideas, especially where a professional has already talked about heavy work or movement breaks.

What is inside

- A safety page
- Activity cards
- A “what we will actually try” planner

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

Movement should feel useful, not like a punishment

Some people settle better after pushing, pulling, carrying, climbing, or walking. Others need gentler movement, or need quiet instead. Offer a choice, keep activities short, and stop if anything hurts or upsets. If there is a health condition, injury, or an occupational therapy programme, check with the right professional before you add new ideas.

Safety
This is general information, not occupational therapy, medical or mental-health advice. If a child has a sensory programme from a professional, follow that first. Stop any activity that causes pain, dizziness, distress, or seems unsafe.

Idea cards — pick only what fits

These are starting ideas, not a complete list and not a programme. Write safer or better ideas for this person on the blank cards.

Carry a bag or shopping	Push against a wall	 A short walk
Tidy / move cushions	 Play that uses the body	Stretch or hang (if safe)
Dance or march	Quiet movement at a desk	My own idea
 Help with a safe chore	 A movement break at school	 Finished / rest

What we will try

Activities that already help, and any a professional has suggested

When we will offer them, and how the person can choose or refuse

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk sensory and family resources
- An occupational therapist or other professional, if the person has one
- This pack is not a prescribed sensory diet or a therapy programme

> **A reminder about this free pack**
> This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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