

Heavy Work Activities List for Occupational Therapists --  
Useful for Designing a Sensory Diet for Children with Sensory Processing Disorders  
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This list is available for occupational therapists and certified occupational therapists only (who set up sensory diets in conjunction with an OT). To request this list, send an e-mail to [deannasava@comcast.net](mailto:deannasava@comcast.net) or [eahaber@aol.com](mailto:eahaber@aol.com). Please include the letters you use after your name, which indicate your OT or COTA credentials, when you request this list.

The teacher and parent lists can be downloaded from this site. The Heavy Work Activities List for Teachers is in the School-based category, and the Heavy Work Activities List for Parents is in the Home-based category.

The Heavy Work Activities List for OTs, along with an article called "All Work and Some Play" (which is on the site under the Sensory Processing category) was published in "Advance for Occupational Therapy Practitioners" (Feb. 24, 2003, Vol. 19, No. 4, pp. 44-46) and "Advance for Physical Therapy Practitioners" (March 3, 2003, Volume 14, No. 6, pp 56-58). Reprints may be ordered by calling 800-355-1088.