



# Heavy Lifting

## Resources you will need –

- Books
- Boxes
- Paper
- Trays
- Chairs

## Why use ....

Heavy lifting is a simple technique that doesn't require any added resources other than what is already around you.

Heavy lifting helps to ground a young person and gets them focused on a task. This can be helpful when they are struggling to regulate.

## How to .....

You can get creative in finding different tasks for a young person to complete for example, filling up all the printers around the building with paper, moving boxes from one classroom to another, putting all the chairs on the tables or helping a member of staff by carrying their books for them.