Activities for Upper Body Strength

Wheelbarrow walks

Carry heavy objects

Flying fox and monkey bars

Tug of war

Push and pull objects

Arm wrestles
Disclaimer

Please note that the information on this handout:

• has been prepared by Developmental Occupational Therapy (WA) Inc., known as DOT (WA) Inc. in good faith as general advice which may not be specific to all children's needs. Accordingly, DOT (WA) Inc. and its officers, employees and agents accept no liability for any injury, loss or damage which may arise directly or indirectly from information on this handout;

• is general in nature and is not professional advice relating to a child's specific circumstances. If in doubt, seek professional advice; and

• children must always be properly supervised while undertaking any activity including those described in this handout. Failure to do so could result in injury or worse.