

Occupational Therapy

This is a social story about going to my OT appointment



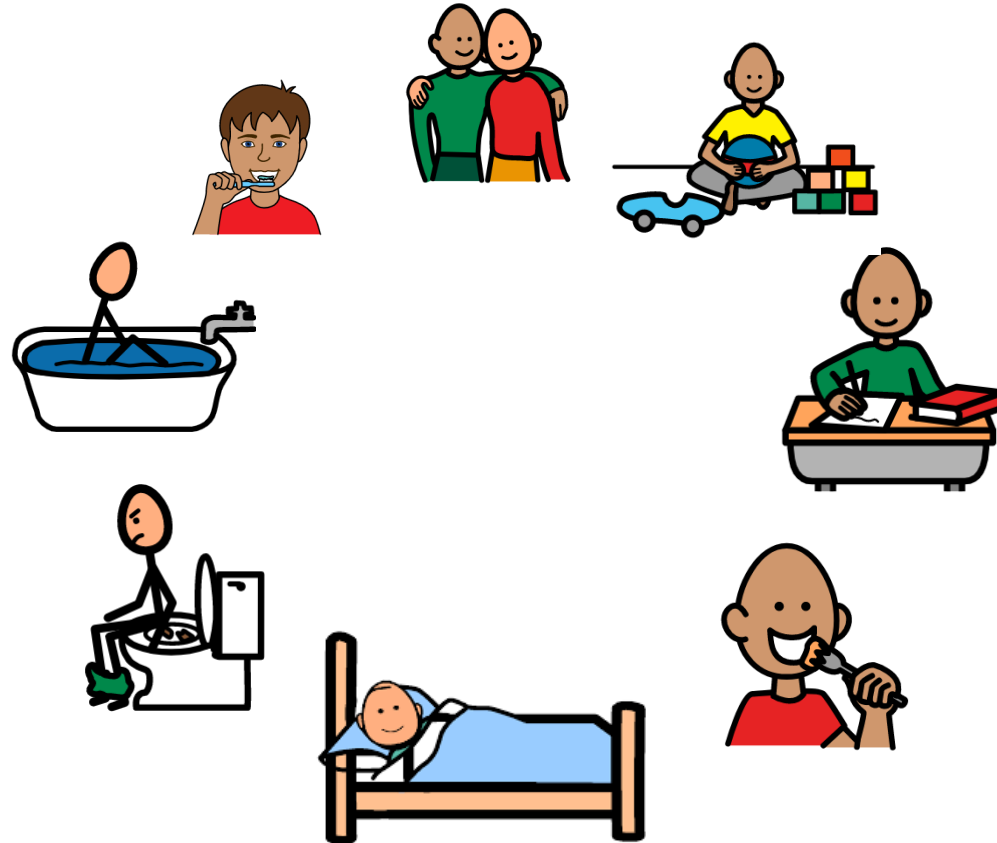
My Occupational Therapist's name is Rochelle



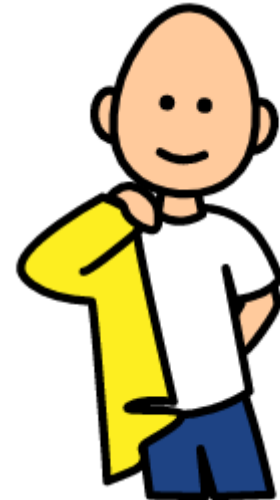
Rochelle will come to my house and we will do lots of activities together.



She can help me do everyday activities during my appointment.



My OT can help me with my jobs such as going to the toilet,
brushing my teeth and hair and getting dressed.



When I see Rochelle, I might also practice things like eating with a fork or spoon and trying new foods.



I might even do art and craft activities to practice writing, colouring and cutting with scissors.



My OT can help me know what my emotions feel like in my body and learn how to calm my body down.



We can play together and practice making new friends



Every Occupational Therapy appointment is different, so my OT will tell me about the types of activities we will be doing during my appointment. It is going to be FUN!

