

OCCUPATIONAL THERAPY

Improving Daily Life

Education

Participation in activities needed for successful academic performance such as handwriting, organizing books and supplies, sensory processing and self-regulation.

Activities of Daily Living

Participating in mealtimes. In the cafeteria (eating, engaging in conversations with friends), managing clothing, using the restroom, and hygiene (washing hands).

Instrumental Activities of Daily Living

Participation in activities to support daily life in school & community (e.g. basic cooking). Using tools to communicate (e.g. phone, keyboard).

Social Participation

Making & keeping friends, respect for differences, including others, developing social and emotional learning (SEL), (e.g. recognizing feelings, modifying behavior).

Play

Participating in healthy play activities during recess (both structured and unstructured), interacting as a team, following rules, engaging in playful interactions with peers.

Leisure

Exposure to and participation in healthy extracurricular hobbies and interests after-school and on weekends (e.g. music, dance, sports, crafts, clubs).

Sleep/Rest

Developing sleep routines to support growth and health (e.g. getting enough hours of sleep, knowing how to prepare for sleep), and recognizing the need for rest and a balance of activities.

Health Management

Taking care of one's mental health (mental health literacy, coping) and physical health (nutritious diet). Sensory processing strategies for well-being.

Work

Learning basic pre-work skills such as cleaning up after an art project or lunch; time-management; following directions; volunteer activities.

