I Have Occupational Therapy

I have Occupational Therapy. Occupational therapy helps me work and play better. Occupational Therapy is sometimes called OT. OT helps me use my body to do the things that I need to do. OT helps me use my senses better too.

When I go to OT, I am working on using my body. I am working on getting stronger. I am moving and playing and jumping to help my brain and body work together. I practice using my fingers and eyes together. I might practice writing or drawing or cutting.

My OT works with people on dressing and self-care so they can take be more independent. Being independent means they can do things without help. My OT helps people like me learn new things. Sometimes my OT helps people remember how to do things they could do before but can’t because they have been hurt or sick.

My OT helps me learn do do things so I can be happy and strong and healthy for school, work, and play.

Occupational Therapy helps me to be my best!

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