



OT = Occupational Therapy

Introduce yourself

I'm here today to talk to you about a career called occupational therapy.

If you've heard of occupational therapy before, raise your hand.

That's great, I hope by the end of our time together today you all have a better idea of what occupational therapy is and how cool of a job it is!



**What are some things
you and your family
need and want
to do everyday?**

Let's talk about some things you and your family need and want to do every day.



You all want to play! You might play with friends or family.

You may play a sport, or at the park, or at home.

You play every day!



Your parents or older family members drive or maybe take the bus.

They need to do that to get to work, to take you to sports, to see family, to go to the doctor.

You are probably in a car or maybe a bus almost every day!



You have school, where you learn to read, write, talk to and play with your classmates, and grow your brain each and every day.



Your family cooks meals or goes out to eat.



Maybe you play video games with your siblings or your friends.



Your family grocery shops. Think about the times you've been to the grocery store before, it's a pretty big place.



Maybe your family likes to hike or do things together outdoors.

What are your favorite things to do?

What are some of your favorite things to do?

(call on a few kids - but keep this brief - young kids can be talkative)

What if you could not do those things?



How would you feel if you or your family and friends couldn't do those things anymore?

Maybe they can't do them because they had an accident, or maybe they have trouble doing things that were once easy to do because they had a bad fall or an illness.

Or maybe you know someone who might need extra help with things.

**Occupational Therapy
helps people
do the things they need
and want to do!**

Occupational therapy - what I do - helps people do the things they need and want to do.



**Help someone
get back
to surfing**

We can help someone get back to surfing after they got hurt



We can help people with handwriting - to learn how to grasp a pencil properly, to form and space out letters

We could use grips or special pencils.

A photograph of a young woman with blonde hair, wearing a black top, black pants, and a plaid scarf, sitting in a wheelchair on a paved path. She is smiling and looking towards the camera. The background shows a clear blue sky, palm trees, and some greenery. Overlaid on the left side of the image is a blue text box with white text that reads: "Help someone using a wheelchair live their life".

Help someone using a wheelchair live their life

We can help people using a wheelchair by helping them learn how to get in and out of it safely.

How to change their home for their wheelchair.

How to dress, bathe, and get ready for their day.

We can help with power wheelchairs, special controls for people who can't use their hands, and voice tools for people who can't speak.

**Help someone
play**



We can help kids and adults play. Play is so important as you grow up!

We help play fun games that make your body and mind strong.

Help someone play



We help you learn how to share toys and take turns, so you can play with friends and have even more fun together.



We help everyone so they can participate in play!

**Help people
live their
BEST LIVES!**

We are like superheroes who help people live their best lives by making everything super fun and awesome!

Occupational therapists or therapy assistants can work in many different places!

Occupational therapists and therapy assistants can work in many different places. Here are just a few examples.



We can work in hospitals. Helping people who have been sick or hurt get back to doing what they need to do.



We can work on horse farms.

People ride the horse, and the cool part is that the horse's movements help with things like balance, strength, and coordination.

Schools



We can work at schools too. Think of OTs as your school superheroes, making sure everyone is the best they can be!

Do you know if your school has an OT or OTA?



We help grandmas and grandpas do fun activities and stay strong so they can keep doing the things they love, like playing games and taking care of themselves.



We can work with babies to grandparents!

**They get to work
with cool gear!**

We get to work with some pretty cool gear.



We can work with swings, mats, rock walls, ball pits, balance beams, and so much more!



We can use virtual reality to create amazing games that help kids and grown-ups practice important skills like moving, playing, and getting stronger in a pretend world



If we work with kids, we get to play with them all day! We use all types of different equipment and toys to make therapy fun and engaging.



We use different items to change toys for kids. This car will help a child who can't sit up by themselves or steer the car.



We can use a device, almost like a driving game you would see at an arcade, that helps people pretend or practice driving, which lets us check if it's safe for people to get back to driving.

Pretty cool, right? 😎

My job sounds pretty cool, right?

I can work in so many different places and with so many different people.

We work wherever there are people. So everyone can live their best life!

**One day YOU
could work in
Occupational Therapy!**

One day you could work in occupational therapy.



WhyChooseOT.com

I hope as you grow up and think about what you want to be that you remember this presentation and choose OT!

Thank you so much for letting me talk to you today.