

OT'S Focus: Participation in 9 Areas of Occupations

Work

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

Education

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

ADLs (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)

IADLs (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)

Health Management

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

Sleep / Rest

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

Leisure

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

Play

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

Social Participation

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

