

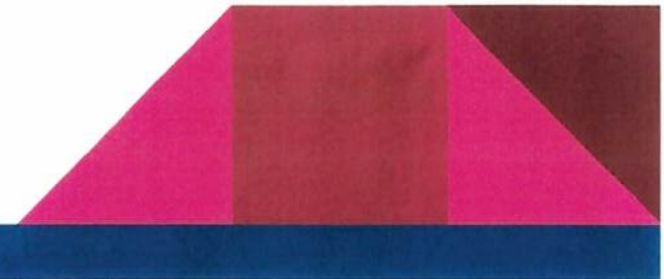


Jacob

Occupational Therapy

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Chapter 1

Occupational Therapy, also known as OT, is where you learn how to write, how to work your brain, how to do certain things and play games. You learn how to get better with eye-hand coordination.



Chapter 2 - Skills you work on (typing)-

In OT, we work on, typing skills, handwriting, drawing, getting our hands stronger with squeezing theraputty. We work on beading for eye-hand coordination. We write our ideas down on special paper to make our writing neat.



Chapter 3 - How does OT work your brain.

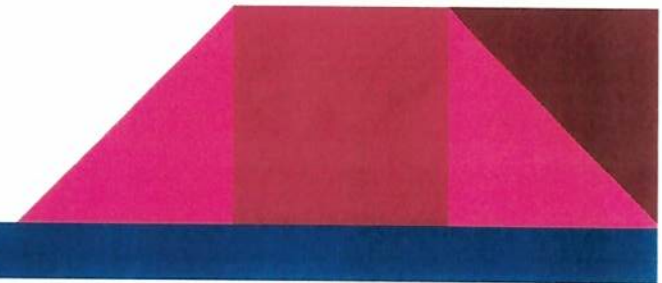
OT works your brain by typing and using muscle memory. To work your brain sometimes you do puzzles. Also sometimes you practice writing. It helps your memory.



Chapter 4 - Obstacle courses -

For obstacle courses you have to figure out the route that you want to go because it is basically a maze in real life, you can choose any path. In the obstacle course you strengthen your feet. To strengthen your feet you go on a ladder barefoot and it strengthens your foot. You know. In Big OC you climb, you jump, you go through a rope spider web. It is very whow? It makes your foot more hard if you climb a ladder because if it is squishy it will make it hurt and very bad.

Sometimes there is big O C. Tumble track is where you jump a lot. It is basically like a trampoline but it is long and flat and it's bouncy.



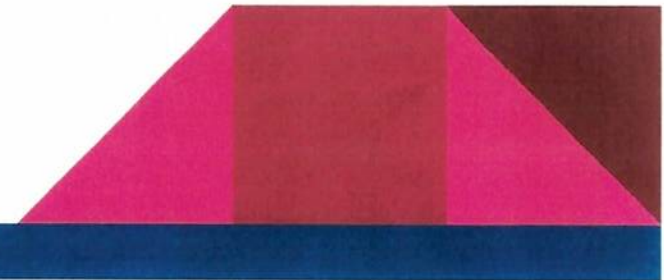
5 - games puzzles

We do puzzle centers and lots of games at OT like connect the dots and activities for hand squeezing. Sometimes you put a coin in your hand and try to move it only with one hand to your thumb.



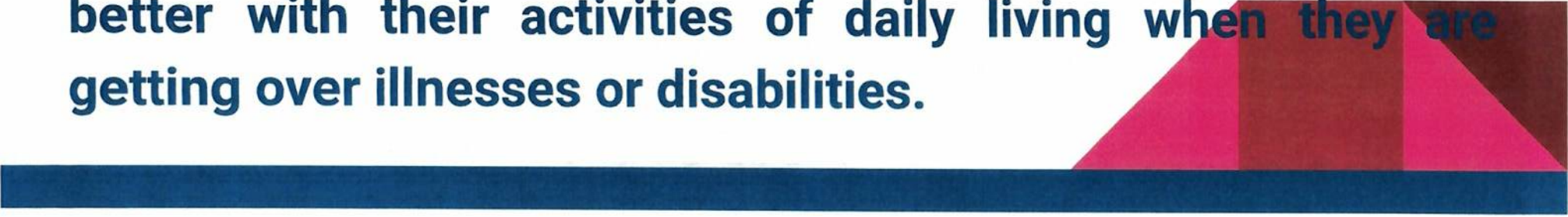
- **How does writing Work your brain?**

Writing is a very important brain development activity . When we hold a pencil and write, we activate both sides of the brain. Writing makes us learn how to think about And organize our ideas, and Teaches us how to change the pictures that we see inside our brain in two words to make it into a story. The Writing is a very important brain development activity . When we hold a pencil and write, we activate both sides of the brain. Writing makes us learn how to think about And organize our ideas, and Teaches us how to change the pictures that we see inside our brain in two words to make it into a story. The skills which is alact of writing uses all our muscles in our hands and makes us practice our eye hand coordination so a brain activity.



- **How Does OT help people?**

OT helps people reach the best of their abilities and overcome obstacles to engaging in their most important occupations. Children need to learn play skills, fine motor skills, gross motor skills, and Sensory integration skills. OT can help children with all of these. Grown-ups need OT to get better with their activities of daily living when they are getting over illnesses or disabilities.



- **What does OT do to people ?**

OT helps people build hands and upper body strength, handwriting and fine motor skills, visual perceptual skills and cognitive skills. OT helps people wrongful improve their participation in daily living activities and school functioning.



- **What's the meaning of OT?**

OT stands for occupational therapy. OT refers to Special therapy to improve children and adults participation in activities that are most meaningful to them. OT involves taking parts in special activities that improve strength skills participation and functions.



Glossary

- Therapy -

