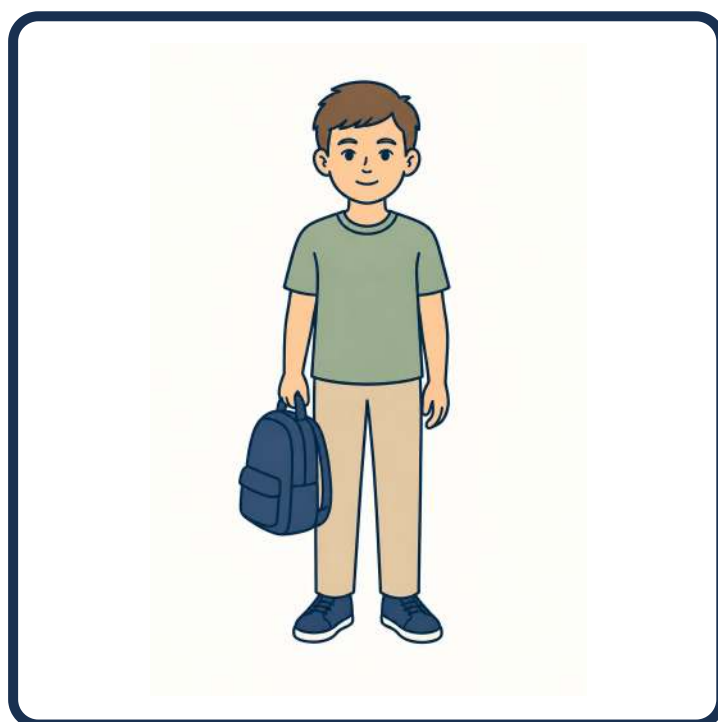


A SOCIAL NARRATIVE

NDIS & THERAPY SERIES



Visiting the Occupational Therapist



Occupational therapy is a kind of appointment that helps with everyday skills, like using hands for tasks or trying new activities.



The same occupational therapist and the same room are usually used each time.



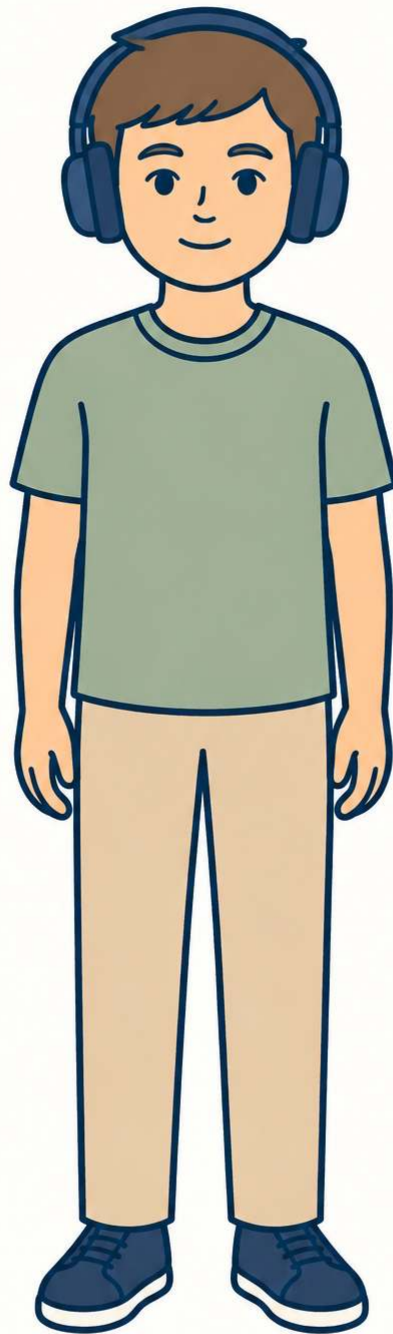
Some sessions use small objects or puzzles. Some use bigger equipment like a swing or a climbing wall. It depends on what's being practised.



Rough plan: arrive, wait a little, go in, do a few activities, then head home.



Some activities can feel tricky or a bit frustrating, especially a new one.



Some visits feel easier than others. That's normal — it doesn't go the same way every time.



If it feels like too much, a grown-up can ask for a break or an easier activity.



Each session ends, and it's the same room again next time.



COPYRIGHT

© 2026 PDA Australia. All rights reserved.

SHARING

This story is for use within the family or school that purchased it. Please don't share, resell, or publish it elsewhere — if another school or service would find it useful too, they're welcome to their own copy at pdaustralia.com.au.

ABOUT PDA AUSTRALIA

We create practical, neuro-affirming resources for autistic and PDA children, their families, and the educators who support them. More free and paid resources at pdaustralia.com.au.