



**BUILDING BLOCKS  
THERAPY**

# **Attending a Program of Support at Building Blocks Therapy**

## **Building Blocks Therapy Social Story**

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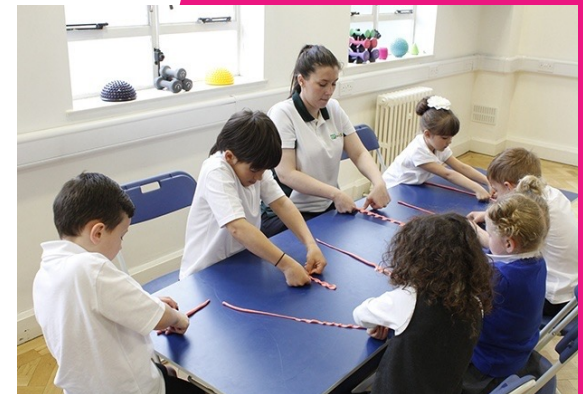
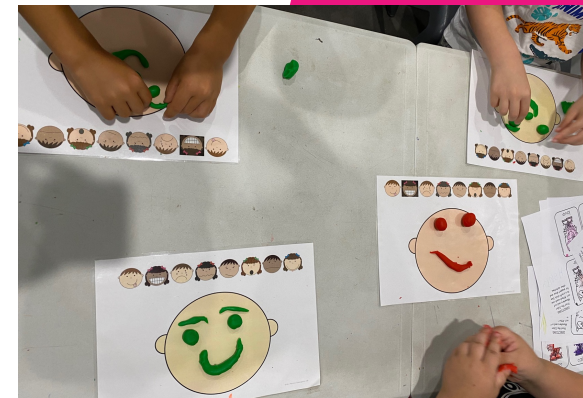
## Welcome to our Occupational Therapy Group Program of Support!

An Occupational therapist, also called an OT helps kids learn and practice new skills that can make everyday activities easier and more fun. In OT, you'll get to do cool activities that help you get better at things like playing, learning, and taking care of yourself.





In our OT group, there will be other kids just like you! Everyone is here to learn and practice new skills together. You'll meet new friends and help each other along the way. Your OT is here to help you and guide you through each activity. They are very friendly and excited to meet you!





When you first arrive at the clinic, you will come into the waiting area. This is where you can sit and wait until it's time for your OT group session.

There are comfy chairs and some toys and books to keep you busy while you wait.





When it's time for your group, you will go into the group therapy room. This room has lots of space to move around and different areas for the activities we will do.

There are mats on the floor where we can sit and play, tables for drawing, writing and learning, and a calm corner.





While we're having fun in the group, our families or friends will wait outside. They know we're safe and having a great time learning and playing together.

If you ever need a break, you can let your OT know by showing them the hug time or break cards. They are here to help you with anything you need.





It's okay if you feel a little nervous or unsure at first. Starting something new can be exciting but also a little scary.

Your OT is here to help you feel comfortable and safe. Soon, you will feel right at home in the group program of support.





Everyone at the clinic is excited that you're joining our group program of support. We can't wait to help you learn new things, make new friends, and have lots of fun together.

Welcome to our OT family!

