



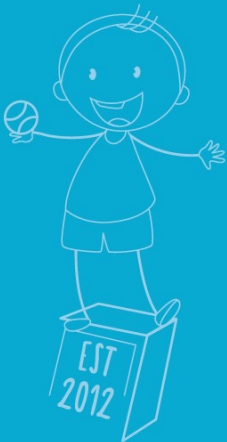
**BUILDING BLOCKS  
THERAPY**

# **Visiting an Occupational Therapist at Building Blocks Therapy**

## **Building Blocks Therapy Social Story**

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[www.buildingblockstherapy.com.au](http://www.buildingblockstherapy.com.au)





Welcome to Building Blocks Therapy!  
We are so excited to meet you 😊

You will be coming for OT sessions. OT stands for Occupational Therapy. That means you'll get to spend time with an OT (that's your special helper!) who will do fun activities with you to practice skills, play games, and try new things.





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 session.

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







When it's time for your session, Your OT will come out to say hello and bring you into the therapy room. This room has a table and chairs, a mini trampoline and some space to move around.

Your OT has lots of new games to play with you and fun activities to help you learn.





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 OT sessions.





Everyone at the clinic is excited that you're coming to see us. We can't wait to help you learn new things, make new friends, and have lots of fun together.

Welcome to our OT family!

