



## Occupation

Doing

### **Learning**

Reading, writing, organization, homework, time management

### **Play and Leisure**

Board and card games, physical activities, reading, imaginative or pretend, technology, conversations

### **Self-Care**

Bathing, dressing, toileting, teeth brushing

## Environment

Extrinsic Factors

### **Location**

Home, Social, Education

### **Relationships**

Safety, Familiarity, Engagement

### **Physical Environment**

Overall predictability, familiarity, safety  
Sensory Aspects: lights, sounds, smells, movements, distractions

Top Down Strategies

Modifications

## Person

Intrinsic Factors

### **Neuro-sensori-motor**

Motor planning  
Visual perceptual  
Visual-motor skills  
Ocular-motor skills  
Fine Motor Skills and coordination  
Gross Motor Skills and coordination  
Core Strength, balance and posture  
Sensory Processing - Vestibular, Tactile, Proprioceptive, Auditory  
Neurosensorimotor Reflexes - Infant, Dynamic, Postural

### **Emotional Factors**

Self-Regulation, Self-Esteem, Motivation

### **Cognitive Factors**

Executive functioning, Problem solving, Attention, Memory

### **Physiological Factors**

Bowel/Bladder, Gut Health, Nutrition, Sleep

Bottom Up Activities

# OCCUPATIONAL THERAPY