

Story Scripts

Occupational Therapy

We've put together some story scripts to help parents explain Teletherapy appointments to their child or teen.



Online Occupational Therapy Script #1 (Elementary)

Once upon a time, there was a little boy named Jack who loved to play and explore the world around him. But Jack had some challenges with his senses. Sometimes, rooms felt too loud or too bright, and he would feel frustrated or scared. Other times, he would constantly find things to touch, taste, or smell.

Jack's parents knew that he needed some extra help, so they took him to see an occupational therapist who specialized in working with kids and their senses. But instead of going to an office, Jack got to see his therapist through a special kind of video chat called Telehealth. That meant that Jack could talk to his therapist and show her what he was doing from home! This meant he had more time to play with his friends after his appointments.

At first, Jack was a little bit nervous about talking to someone through a screen. But his therapist was so friendly and kind, and she helped him feel comfortable right away. She asked Jack about the things he liked to do, and she showed him some fun activities that could help him feel calm when things seemed too loud or too bright.

One day, Jack's therapist asked him to do an activity where he would pretend to be a superhero. She told him to put on a cape and fly around the room, using all of his senses to explore and discover new things. Jack loved the activity so much that he didn't even realize he was working on his sensory skills!

As Jack continued to see his therapist through Telehealth, he started to feel more in control of his senses. This made him happy. He learned new ways to feel better when he felt overwhelmed and how to get the sensory input he needed in a healthy way. And best of all, he got to have fun while doing it!

Thanks to his amazing therapist and the magic of Telehealth, Jack was able to explore and enjoy the world around him, while staying safe and feeling calm.

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Online Occupational Therapy Script #2 (Tweens)

Emma loved to read and write stories. But Emma had some challenges with her motor skills and coordination, which made it hard for her to hold a pencil or type on a keyboard. She also struggled with staying focused and organized when it came to her schoolwork.

Emma's parents knew that she needed some extra help, so they took her to see an occupational therapist who specialized in working with children who have motor and sensory challenges. But instead of going to an office, Emma got to see her therapist through a special kind of video chat called Telehealth. That meant that Emma could talk to her therapist and show her what she was doing, all from home!

At first, Emma was a bit unsure about seeing a therapist through a screen. She was used to going to an office and seeing helpers face-to-face. But as she started to work with her therapist through Telehealth, Emma began to realize that it was just as great as seeing her therapist in person.

Emma's therapist helped her with a variety of exercises and activities that were designed to improve her motor skills and coordination. For example, they worked on exercises to improve her grip strength and dexterity, and they did activities that helped Emma practice using both hands together. They also worked on strategies to help Emma stay focused and organized, such as breaking down assignments into smaller tasks and setting up a schedule for completing them.

Over time, Emma began to notice a real improvement in her motor skills and ability to focus. She was able to hold a pencil and write more clearly, and she found it easier to type on a keyboard. She also felt more confident in her abilities and was able to tackle her schoolwork with more ease.

Thanks to her amazing therapist and the magic of Telehealth, Emma was able to overcome her motor and sensory challenges and continue pursuing her passion for reading and writing. She realized that even though Telehealth was a new and different way of seeing a therapist, it was just as helpful as going to a physical office.