

OT Week 2023

Daily activities to help you create a better understanding of occupations in #OTWeek



1. Go to rcot.co.uk/OTWeek23 to download resources and register for the event.
2. Tick off the activities (on a digital copy or printed).
3. Take a photo and share on social media with **#OTWeek23**.

OT Week

November						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<ul style="list-style-type: none"> Download the OT Week resources 	<ul style="list-style-type: none"> Register for the Breaking barriers event 	<ul style="list-style-type: none"> Read the narrative 	<ul style="list-style-type: none"> Practice using the narrative with a friend 	<ul style="list-style-type: none"> Do a favourite leisure occupation and talk to a friend about it
<ul style="list-style-type: none"> Share the OT Week animation on social media Weave occupation into every conversation 	<ul style="list-style-type: none"> Join the Breaking barriers event Display a poster in your workplace 	<ul style="list-style-type: none"> Ask someone what occupations they'd miss Share a social media post about occupations 	<ul style="list-style-type: none"> Add occupations to a meeting agenda Ask someone about their best occupations 	<ul style="list-style-type: none"> Talk to a new colleague about occupations Update your service information about occupations 	<ul style="list-style-type: none"> Start a conversation about occupations Ask a friend about what occupations they'd miss 	<ul style="list-style-type: none"> Ask a friend what they think occupation means?
<ul style="list-style-type: none"> Introduce yourself as an occupational therapist and explain your role 	<ul style="list-style-type: none"> Plan a time with stakeholders to discuss occupations 	<ul style="list-style-type: none"> Share a post on social media about occupations 	<ul style="list-style-type: none"> Have a coffee and Q&A with colleagues about occupations 	<ul style="list-style-type: none"> Talk with stakeholders about occupations 	<ul style="list-style-type: none"> Do an occupation for your wellbeing 	<ul style="list-style-type: none"> Do an occupation that you enjoy
<ul style="list-style-type: none"> Read the OTnews article about OT Week 	<ul style="list-style-type: none"> If you missed it, watch the recording of the Breaking barriers event 	<ul style="list-style-type: none"> Use the term occupation in your records 	<ul style="list-style-type: none"> Share with someone the occupations that support your wellbeing 	<ul style="list-style-type: none"> Hold a meeting with colleagues to discuss occupations 	<ul style="list-style-type: none"> Do an occupation that supports your emotional wellbeing 	<ul style="list-style-type: none"> Do an occupation that helps you unwind
<ul style="list-style-type: none"> Close a conversation with the word occupation 	<ul style="list-style-type: none"> Talk to someone new about occupations 	<ul style="list-style-type: none"> Ask a colleague what they think occupations are 	<ul style="list-style-type: none"> Share your calendar on social media 	Remember to use #OTWeek23		

