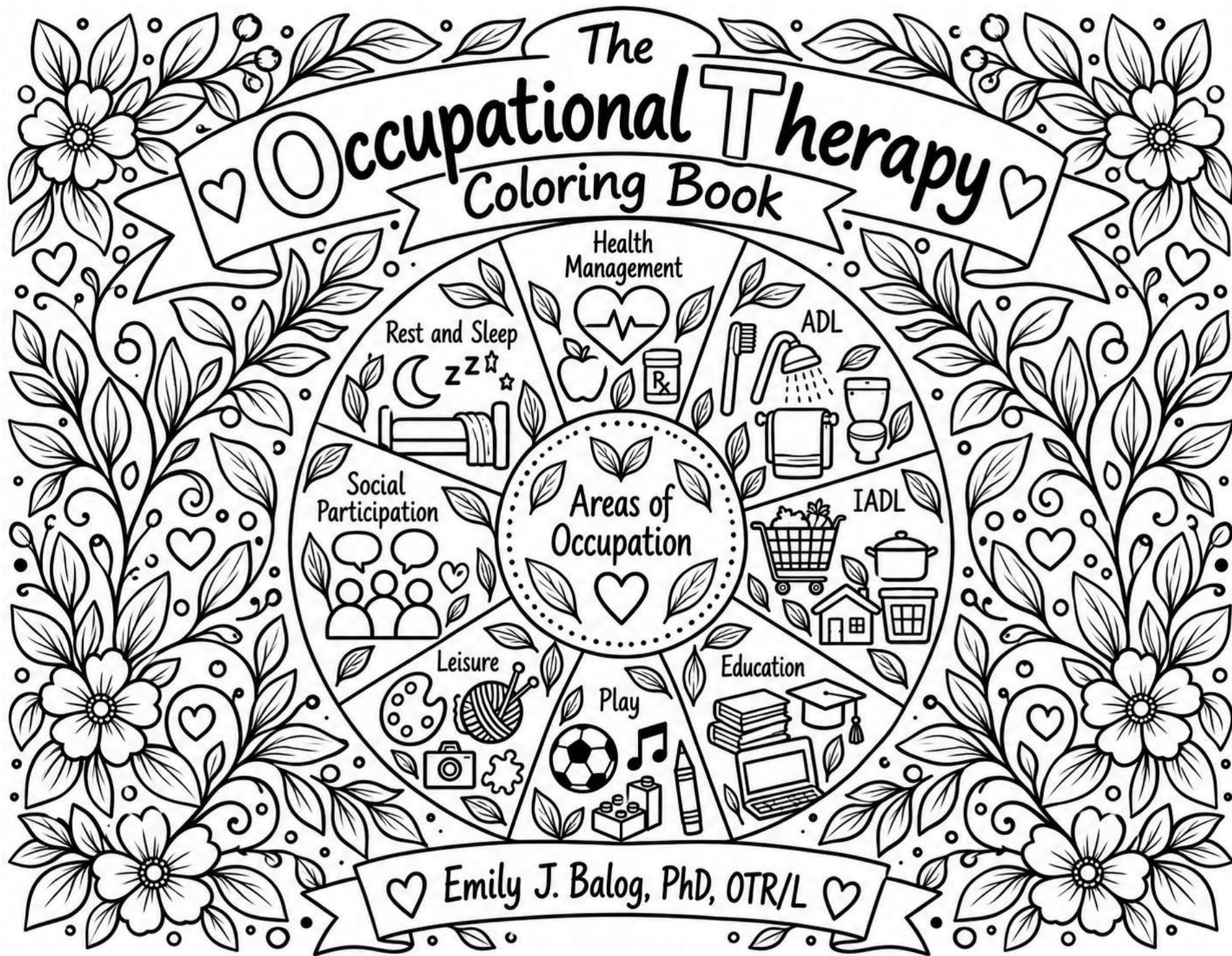




The Occupational Therapy Coloring Book

Health Management

Rest and Sleep

ADL

IADL

Education

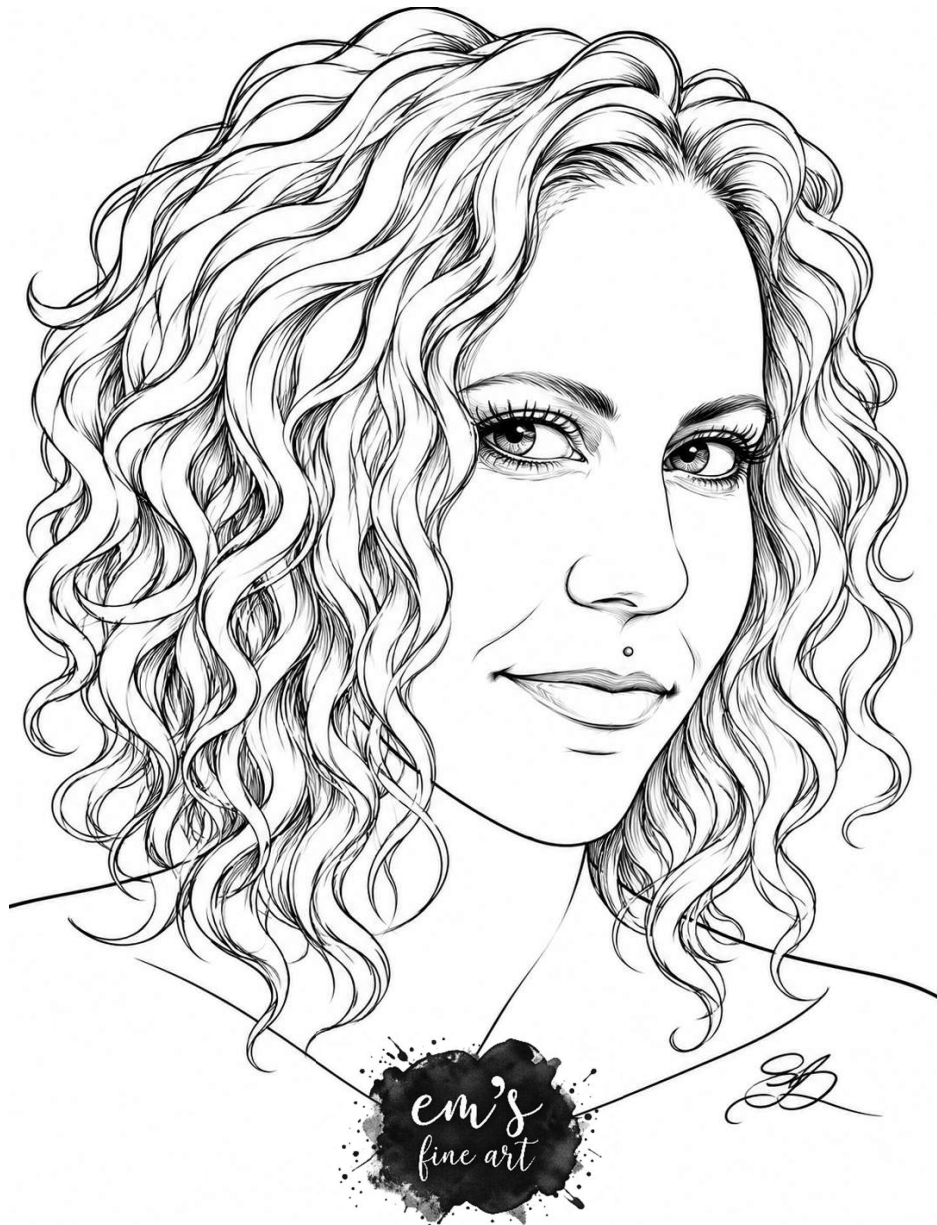
Play

Leisure

Social Participation

Areas of Occupation

Emily J. Balog, PhD, OTR/L



Turning knowledge into action. and action into impact.

About the Author & Illustrator

Dr. Emily J. Balog is an occupational therapist, scientist, educator, artist, and U.S. Air Force veteran. She draws on these collective experiences to shape both her scientific inquiry and creative approaches to knowledge dissemination.

Dr. Balog uses art as a communicative mechanism to make occupational therapy knowledge approachable, engaging, and accessible beyond traditional academic spaces. This book features her original hand-drawn illustrations of the areas of occupation transformed to an interactive coloring experience that invites readers to explore the profession and reflect on the everyday activities that give life meaning and purpose.



What matters to me...

People, places, values, traditions, things I care about

Things I love to do...

Favorite occupations, interests, hobbies, routines

My everyday life...

Things I need, want, or am expected to do

I'm really good at...

Strengths, skills, things that make me proud

Things that can be hard for me...

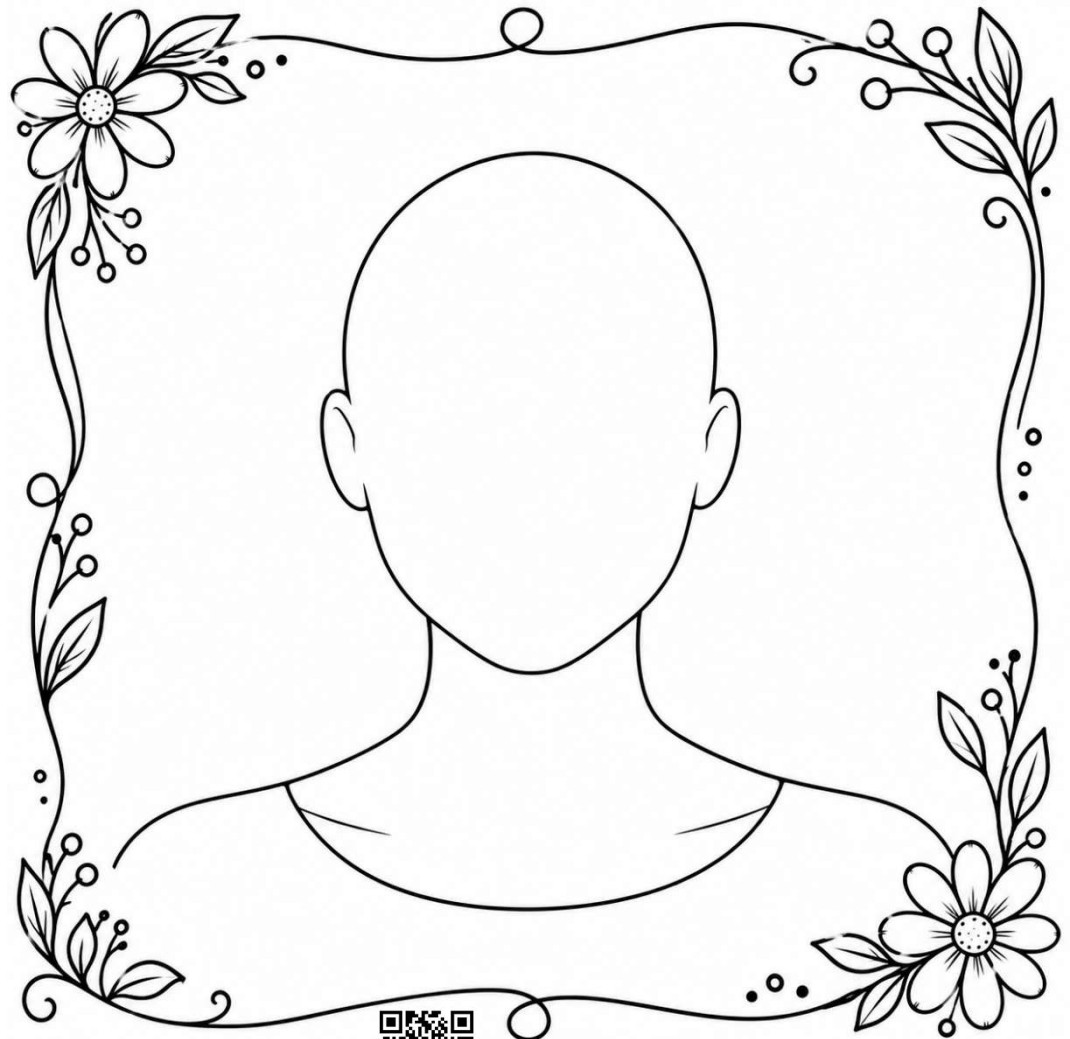
Activities or situations that sometimes get in my way

I'd like to be able to...

Goals, dreams, things I'd like to learn, do, or do differently

You've met the author and illustrator. Now meet the person bringing these pages to life—you!

Meet the Artist in the making:





WHAT'S INCLUDED?



Active play

Moving the body through sports, games, dance, or physical recreation



Social and group play

Playing with friends, family, peers, or community groups



Imaginative play

Pretend play, role play, storytelling, and using the imagination



Games

Playing board games, card games, video games, puzzles, or other games



Outdoor and nature play

Exploring, hiking, gardening, playing outside, or enjoying nature



Performing and expressing

Dancing, singing, acting, playing an instrument, or other performance activities



Spectator play

Watching sports, concerts, movies, or other entertainment



Play across the lifespan

Play looks different at every age and can evolve with our interests, abilities, and environments.

REMEMBER IT THIS WAY...

PLAY FUELS LIFE

When I make time for play, I build a happier, healthier, and more connected me.

WHILE YOU COLOR...

- Can you find all the play-related icons in the picture?
- Which play activities do you enjoy most?
- What makes play important in your life?
- How does play help you feel physically, mentally, or emotionally better?
- What new play activities would you like to try?

Play Today. A Brighter Tomorrow.



