

# Toronto District School Board Occupational Therapy and Physiotherapy Services from the Special Education and Inclusion Department.

## OT/PT Newsletter June 2026

**June Marks a Season of Transition.** As the current school year comes to a close, June is a natural time to reflect—and to look ahead. The upcoming changes in September—new classrooms, new teachers, unfamiliar peers, or even a new school—can stir up a mix of emotions. [Click here to explore the TDSB OT/PT Transitions Resources](#) available to support this change.

With summer on its way, now's the perfect time to introduce new **life skills and chores** to your child's routine. Summer offers a great opportunity to **break down tasks, learn new responsibilities, and practice these domestic skills** in various areas of the home. [Click here for some suggested life skill activities for youth and teens with special needs.](#)

**Have you heard of the “Be the Change” project?** The "Be the Change Project" aims to deepen students' understanding of **diversity, equity, inclusion, anti-oppression, and anti-ableism**, while also fostering a compassionate school community that connects students across all programs. [Click on this link to browse all the amazing school projects from 2024/25.](#)

[Click on this link to listen and dive into our OT/PT Summer Toolkit](#) to help you **support your mental well-being, build on your child's strengths, and prepare for the new school year!**

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