In every person’s life, where and how one “grew up” influences what and why choices are made to explore different activities. One’s culture and environment affect the patterns of behavior, the routines and habits, even the roles taken to perform everyday occupations. People-watching the particular ways others engage in their chosen occupations reveals different points of view and an appreciation for the diversity possible. Observing people can also uncover the creative ways they learn, problem solve, review, resolve, and grow through their experiences.

Events such as making dinner, shopping at the mall, text messaging, or attending a Friday night get-together can be a fascinating enterprise as one begins to “think like an occupational therapist.” When the steps taken to complete these everyday tasks are uncovered and made known, the simplest of activities seems filled with purpose. The scope of how occupational therapy can benefit an individual unable to perform a meaningful activity is expanded.

Exploring a client’s personal history is part of the evaluation process conducted by an occupational therapy practitioner. As a student, integrating the knowledge-base of occupational therapy into one’s own history is an important resource for working with clients. As the student develops professional skills, clinical reasoning expands and improves for devising treatment that specifically engages each client in occupational therapy. As a new therapist, the student will partner with the client to improve, restore, or compensate for the loss or decline of specific skills. Thinking on the part of the practitioner becomes more fluid while being sharpened and polished to meet clients’ needs within their context and environment. Providing opportunities for people to discover their own creativity in the therapy process is especially beneficial. The phrase “it depends…” can be a challenge and password to explore the options possible to find answers in difficult scenarios with unknown solutions.

In this chapter, creativity will be examined from three different perspectives: highlighting how occupational therapy practitioners used one activity in creative ways to engage their clients; understanding how the diversity of contexts and environments affect each person; and exploring creative potential while identifying one’s own context and environment.

**Objectives**

1. Recognize the creative use of one therapeutic activity commonly used in occupational therapy throughout its history.
2. Understand how context and environment affect clients receiving occupational therapy.
3. Engage in creative experiences while defining one’s own context and environment.