

**Actividad y performance ocupacional: perspectivas para la Terapia Ocupacional**

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In Occupational Therapy exists the need of rescue units of activities like a prior factor to restore health and stimulus to activate new potentials of life. So, the aim of the study is to observe which are the perspectives of Occupational Therapy in using activities like major tool in analyses of occupational performance. To elaborate it, a bibliographic research was made like internet and BIREME, SCIELO LILACS data. The research found that, in Occupational Therapy, the terms "activity" and "occupation" are discrepant, they are involved in debates about the existence of different performance rates. For occupational therapists, activities permits experimentations and opens new ways that makes the patient act on his environment. Therefore, Occupational Therapy uses human occupation to fundament the therapeutic practice and the activities are ways that take the patients to recover self-esteem, social and cultural performance. Through these practices, appears a possibility that increase or create news occupational means.