

## Occupational Therapy Tip Sheet

# Fine Motor & Self-Care Checklist 4 Years Old



#### Fine/Visual Motor:

- Holds a pencil in fingers (Figure 1)
- Draws with the whole arm, but is beginning to use hand movements
- Cuts simple shapes with some accuracy and can cut along a straight line (Figure 2)
- Puts together a simple puzzle of 4-12 pieces (Figure 3)
- Imitates a four block design by formation and colour (Figure 4)
- Beginning to colour within the lines for large spaces
- Draws vertical, horizontal, cross and circle ( | − O + )
- Beginning to copy some shapes and diagonal lines ( / , □, \ , X ) (Figure 5)
- Draws a person with three parts
- Copies some letters from a model

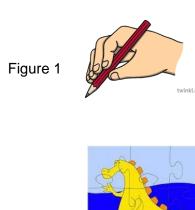


Figure 2

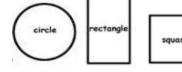


Figure 3

Figure 4



Figure 5



#### For more information visit:

http://dcd.canchild.ca/en/EducationalMaterials/resources/dcd\_motor\_development\_2013.pdf

#### Self-Care:

#### Grooming

- Brushes teeth, combs hair, washes hands, face and body (Figure 5a,5b,5c)
- Uses the toilet alone







### Dressing

- Undoes buttons and zippers
- Beginning to start zippers and fasten buttons independently
- Dresses independently if wearing clothes without fasteners (Figure 6)



Figure 6

#### Feeding

- Uses table utensils with little spilling (Figure 7)
- Attempts to open containers and packages (may need assistance)



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