

Occupational Therapy Tip Sheet

Fine Motor & Self-Care **Checklist 5 Years Old**

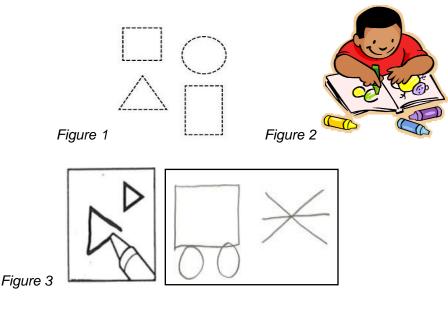


Fine/Visual Motor:

- Hand preference may be established
- Beginning to use a pencil with side of hand resting on the table
- Cuts with scissors fairly accurately along curved lines and simple shapes with corners

(Figure 1)

- Imitates more complex (6-10 piece) structures with blocks, Lego or other building toys
- Colours with more accuracy within the lines (Figure 2)
- Completes a 12-20 piece puzzle
- Can target smoothly to complete mazes and dot to dots
- Copies more complex shapes (Δ) and simple shape combinations for more detailed drawings (Figure 3)
- Draws a person with four to six body parts (Figure 4)
- Prints some letters (primarily upper case) and numbers (Figure 5)







For more information visit:

http://dcd.canchild.ca/en/EducationalMaterials/resources/dcd_motor_development_2013.pdf

Self-Care:

Grooming

- Brushes teeth (Figure 5)
- Brushes hair (Figure 6)
- Uses the toilet alone





Figure 5

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Dressing

- Dresses/undresses independently (help for fasteners)
- Able to start and pull zippers up and down (Figure 7)
- Fastens Velcro shoes
- Beginning to button or snap top of pants



Figure 7

Feeding

- Eats independently
- Uses table utensils well (Figure 8)



Figure 8