

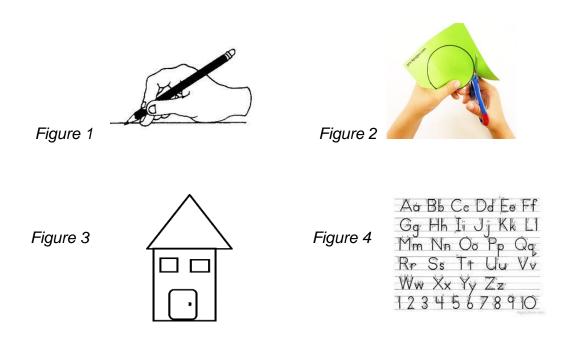
## Occupational Therapy Tip Sheet

# Fine Motor & Self-Care Checklist 6 Years Old



#### Fine/Visual Motor

- Hand dominance is established
- Uses mature pencil grasp with side of hand resting on the table and fingers moving the pencil (Figure 1)
- Use hands together to cut with scissors, hold and turn paper, open and close a variety of containers
- Starting to cut simple to more complex shapes with smooth rather than jagged edges (Figure 2)
- Colours accurately within the lines
- Builds complex structures from blocks, Lego or building toys
- Draws with diagonal lines and other shapes combinations
- Draws a person with six or more body parts
- Draws recognizable pictures with more detail (Figure 3)
- Prints legible upper and lower case letters and numbers (Figure 4)
- Print letters and numbers along a line or within a box



#### For more information visit:

#### Self-Care:

### Dressing

- Dresses/undresses independently
- Able to tie a knot when beginning to tie laces (Figure 5)
- Can manage most clothing fasteners, although tight waistbands with buttons, snaps or clasps may still be a challenge



## Feeding

- Uses knife to spread (Figure 6)
- Beginning to cut food

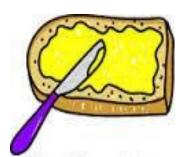


Figure 6