

## Occupational Therapy Tip Sheet

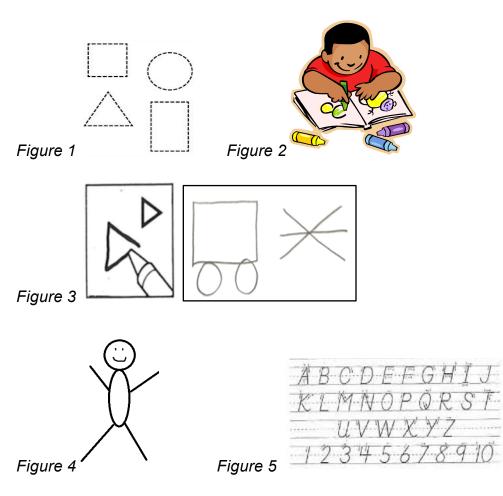
# Fine Motor & Self-Care Checklist 5 Years Old





### 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 ( $\Delta$ ) 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



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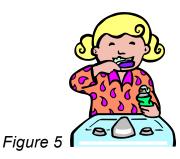




### Self-Care:

#### Grooming

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





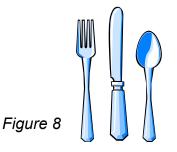
## Dressing

- 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



## Feeding

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



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