

Self Help and Functional Skills Checklist

Please check the box that most appropriately describes your child's ability to perform the following Functional skills. When selecting skills to teach, start with those your child can already partially do.

| Dressing | Can not do. Requires full assistance | Can partially do. Needs some help | Can do independently. Does not require any help. |
|---|--|---|--|
| Removes pants (does not include unfastening) | | | |
| Puts on pants (does not include fastening) | | | |
| Puts on socks | | | |
| Puts on a pullover shirt | | | |
| Puts on a front opening shirt or jacket | | | |
| Puts on shoes (does not include tying) | | | |
| Threads a belt | | | |
| Buckles a belt | | | |
| Zips up a zipper once it is started | | | |
| Buttons by self | | | |
| Starts a zipper | | | |
| Ties shoes | | | |
| Hangs up clothes | | | |
| Puts dirty clothes in hamper | | | |
| Wears clothes that are clean and wrinkle free | | | |
| Selects clothes that fit | | | |
| Selects clothes that match | | | |
| Selects age-appropriate clothes | | | |
| Selects clothes appropriate to weather | | | |
| Selects clothes appropriate to context | | | |

| Eating/Food Preparation | Can not do. Requires full assistance | Can partially do. Needs some help | Can do independently. Does not require any help. |
|--|---|-----------------------------------|---|
| Drinks from cup | | | |
| Eats with spoon | | | |
| Eats with fork | | | |
| Spreads with knife | | | |
| Cuts with knife | | | |
| Sets table | | | |
| Clears table | | | |
| Gets own snack | | | |
| Prepares cold breakfast | | | |
| Makes toast | | | |
| Makes sandwich | | | |
| Cooks prepared food (mac n cheese) | | | |
| Uses a can opener | | | |
| Uses measuring cups and spoons | | | |
| Follows written or picture recipe | | | |
| Uses oven (sets temperature and timer) | | | |
| Puts groceries away | | | |
| Identified boxed/canned food by label | | | |
| Stores leftover foods properly | | | |
| Discards spoiled food | | | |

| Grooming and Hygiene | Can not do. Requires full assistance | Can partially do. Needs some help | Can do independently. Does not require any help. |
|---|---|--|---|
| Uses toilet and toilet paper | | | |
| Washes and dries hands | | | |
| Washes and dries face | | | |
| Takes bath or shower independently | | | |
| Uses deodorant | | | |
| Washes and rinses hair | | | |
| Washes and rinses body in bath or shower | | | |
| Dries self after bathing | | | |
| Brushes teeth | | | |
| Shaves (if appropriate) | | | |
| Applies makeup (if appropriate) | | | |
| Combs and brushes hair | | | |
| Trims fingernails/toenails | | | |
| Uses a tissue to blow nose | | | |
| Uses feminine hygiene products appropriately | | | |
| Uses toilet and toilet paper | | | |

| Cleaning and Laundry | Can not do. Requires full assistance | Can partially do. Needs some help | Can do independently. Does not require any help. |
|--|---|--|---|
| Puts toys away | | | |
| Make own bed | | | |
| Clears table after eating (puts dishes in sink and garbage in wastebasket) | | | |
| Takes out trash | | | |
| Dusts | | | |
| Vacuums | | | |
| Washes windows or mirrors | | | |
| Cleans sink Cleans toilet | | | |
| Washes and dries dishes | | | |
| Loads dishwasher | | | |
| Separates clean from dirty clothes | | | |
| Sorts light from dark clothes | | | |
| Loads washing machine (knows what setting to use) | | | |
| Measures soap | | | |
| Uses dryer | | | |
| Hangs up clothes neatly | | | |
| Folds clothes neatly | | | |
| Puts clothing away appropriately | | | |

| Play and Social (indoor) | Can not do. Requires full assistance | Can partially do. Needs some help | Can do independently. Does not require any help. |
|---------------------------------------|---|--|---|
| Pays attention to someone speaking | | | |
| Grasps or holds large toys or objects | | | |
| Grasps or holds crayons or pencils | | | |
| Pushes, pulls, and turns toys | | | |

| | | | |
|---|--|--|--|
| Follows 1 step direction about toys or objects | | | |
| Follows 2 step directions about toys or objects | | | |
| Plays simple hide-and-seek games (peek-a-boo, hunts for missing toy) | | | |
| Sits and plays alone for up to 5 minutes | | | |
| Sits and plays alone for up to 10 minutes | | | |
| Imitates movements and gestures | | | |
| Stacks toys such as blocks up to 3 high | | | |
| Stacks toys such as blocks up to 6 high | | | |
| Scoops, sand, water or beans from one container to another | | | |
| Cuts with scissors | | | |
| Pastes with glue stick | | | |
| Scribbles with a crayon staying on paper | | | |
| Colors with a crayon, mostly in the lines | | | |
| Does simple non-interlocking puzzles | | | |
| Does simple interlocking puzzles of up to 4 pieces | | | |
| Does simple interlocking puzzles of up to 12 pieces | | | |
| Does complex interlocking puzzles of up to 25 pieces | | | |
| Play simple matching games such as memory matching | | | |
| Plays simple board games such as Chutes and Ladders | | | |
| Plays more complex board games such as Sorry or Life | | | |
| Plays complex board games such as monopoly, chess, checkers or backgammon | | | |
| Plays computer or video games once they are set up by adult | | | |
| Can load, turn on and set up a video or computer game | | | |
| Works with other children using same play materials | | | |
| Shares and takes turns in play | | | |

| Play and Social (outdoor) | Can not do. Requires full assistance | Can partially do. Needs some help | Can do independently. Does not require any help. |
|---|---|--|---|
| Throws and catches a large ball within 2 feet | | | |
| Throws and catches a large ball 3 – 6 feet | | | |
| Throws and catches a small ball 3-6 feet | | | |
| Hits ball off of a tee | | | |
| Hits a ball when pitched | | | |
| Aims basketball at basket at appropriate height for age or size | | | |
| Dribbles basketball standing in place | | | |
| Dribbles basketball while running | | | |
| Kicks a ball at goal or target | | | |
| Kicks a ball while running | | | |
| Rides a tricycle | | | |
| Rides a 2 wheel bike | | | |
| Rides a razor scooter | | | |
| Rides a skateboard or inline skates | | | |
| Swims – is safe near water | | | |