

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)
- Beginning to colour within the lines for large spaces
- \bullet Draws vertical, horizontal, cross and circle ($|-O+\rangle$
- **★** Beginning to copy some shapes and diagonal lines (/ , □, \ , X) (Figure 5)
- **©** Draws a person with three parts
- Copies some letters from a model



Figure 1

Figure 4

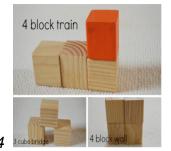








Figure 5

Figure 3



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Self-Care:

Grooming

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



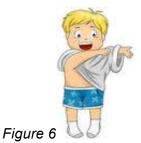




5b

Dressing

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



Feeding

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



Figure 7